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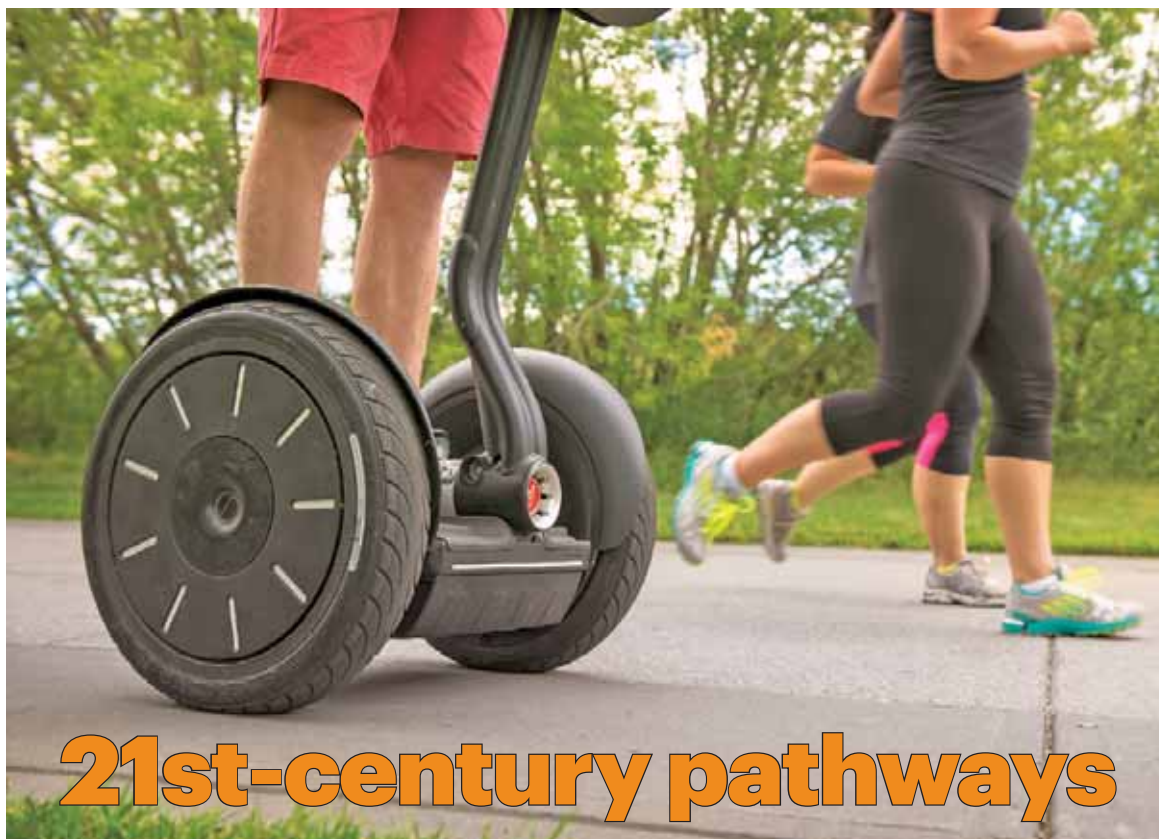
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Your essential daily news | WEEKEND, JULY 17-19, 2015

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21st-century pathways

The City of Calgary is piloting for the second time a Segway project that could see more electric-assist vehicles on city pathways.
Story in **metroNEWS**. JENNIFER FRIESEN/FOR METRO

U of C rolls back tuition

EDUCATION

School also axing 3 market modifiers: Student leader



Helen Pike
Metro | Calgary

The University of Calgary Students' Union leader is applauding a board of governors decision to proactively reverse tuition hikes and market modifiers, calling it a "good governance move."

Shortly after the province

announced it is rolling back market modifiers and freezing tuition for two years, Levi Nilson, president of the U of C Students' Union, said a meeting was held to reverse a 2014 decision, effectively taking a 2.2 per cent "across-the-board" inflationary tuition increase and three market modifiers off the table.

"The university board of governors thought it would be good governance to get the motions that had approved all of those off the books," Nilson said.

The university confirmed it has yet to receive a Campus Alberta Grant letter from the province detailing specific funding figures, but it decided to proactively reverse the previous budgeted hikes.

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IN BRIEF

Trail in Kananaskis closed after man injured in bear encounter

Visitors to Kananaskis Country are being advised of a trail closure put into effect after a bear charged a man on Wednesday evening.

The man, an Alberta Parks employee, was hiking northbound on Canyon Creek Trail near Jumping-pound Ridge Trail when he encountered the wild animal.

Alberta Fish and Wildlife spokesman Brendan Cox said the man was knocked over by the bear but then managed to spray it with bear spray, and it ran off.

In the meantime, Canyon Creek Trail west of the Ings Mine trailhead to Powderface Road has been closed.

ROBSON FLETCHER/METRO

\$4M settlement in XL Foods tainted meat lawsuit

A deal has been worked out in a class-action lawsuit filed over an E. coli outbreak and the largest meat recall in Canadian history.

The lawsuit is against XL Foods Inc., which operated a meat-packing plant in southern Alberta during a tainted beef recall in 2012.

Compensation has been set at \$4 million, said Calgary lawyer Clint Docken, and a hearing is to be held this fall to formally approve the deal.

XL Foods recalled more than 1.8 million kilograms of beef in Canada and the United States in 2012.

THE CANADIAN PRESS

New road opens safer access to rehab centre

CALGARY DROP-IN

Police said it had seen high crime levels in cul-de-sac

Jeremy Simes
For Metro | Calgary

After road-safety issues and suspected incidents of criminal activity, the cul-de-sac in front of the Calgary Drop-In and Rehab Centre (DI) was replaced by a new road last week, paving the way to better access for DI volunteers, clients and commuters.

The work came after repeat discussions between the DI, the city, the Calgary Police Service (CPS) and the Calgary Municipal Land Corporation (CMLC).

"(The cul-de-sac) makes the population more vulnerable," said Alan Facey, director of finance and administration at the DI. "(The new road) makes it easier for people who use our facilities. It'll allow us to provide services in an efficient manner."

Facey said Calgary police told the DI it had identified high levels of crime around the cul-de-sac.

Police told Metro it supported the re-routing of the cul-de-sac due to safety concerns, after the city, the CMLC and the DI consulted the CPS at a meeting two years ago.



Construction is all but complete on a cul-de-sac conversion in front of the Calgary Drop-In Centre. JENNIFER FRIESEN/FOR METRO

As it turns out, a road connecting the DI to 4th Avenue was closed six years ago, as it was thought the cul-de-sac would be a better fit. However, the road gave suspected drug dealers easy access to prey on DI clients, said Susan Veres, CMLC's vice-president of marketing and communications.

Times have changed, Veres added, saying the cul-de-sac needed to be replaced so service providers and visitors of the DI

“It allows traffic to flow into the centre more easily.”

Alan Facey

could access the building safely. "People were lingering in that area, and it was difficult for other visitors to get into the space."

The new road has no stopping and parking zones, meaning operations will run more smoothly than before, Facey said.

"I think it's important for not only our clients, but people that volunteer at the Drop-In Centre. It allows traffic to flow into the centre more easily," he said. "I'm very glad that we've been able to work with CMLC to have (the road) re-opened again."

TRUTH AND RECONCILIATION

Sorry not enough: Councillor

Robson Fletcher
Metro | Calgary

Saying sorry for residential schools isn't enough and Calgary, as a city, needs to take more tangible actions toward reconciliation with aboriginal people, says Coun. Brian Pincott.

The Ward 11 councillor plans to introduce a motion at next week's council meeting calling for more detail and firm timelines on what the city plans to do in response to the "Calls to Action" issued by the Truth and Reconciliation Commission (TRC) earlier this year.

One recommendation in the TRC document calls on cities to "provide education to public servants on the history of aboriginal peoples, including the history and legacy of residential schools," and Pincott highlighted that as one area Calgary could quickly set to work on. During an educational event hosted by the Calgary Aboriginal Urban Affairs Committee last month, Siksiika Chief Vincent Yellow Old Woman said the city has taken good first steps toward reconciliation but more needs to be done.

Educating Canadians about the history of residential schools is an important component, the chief added, but so too is enabling indigenous people to "find forgiveness."

"I can move forward or I can get mad," said Yellow Old Woman, a residential-school survivor himself. "That's a decision that I have to make, personally."



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Passengers board and disembark from a CTrain. METRO FILE

Outage strikes downtown trains

CALGARY TRANSIT

Three-hour electrical failure strands thousands



Helen Pike
Metro | Calgary

Calgary Transit is thanking customers for their patience after a morning power line failure took downtown trains out of commission for three hours leaving those headed to work stranded and waiting for a shuttle on their morning commute.

An uncommon electrical incident shut down trains going in and out of the downtown core for the 202 Blue line between Chinook and 8 Street station and the 201 Red line trains were halted between Bridge-land and Kirby West station. There were crowds of hundreds waiting on shuttles or looking

to other transportation services like Car2go for a way into the core.

According to Calgary Transit, equipment on the roof of a train coming from the north-east headed for downtown was damaged and eventually tangled up around lines at the City Hall station and broke off leading to outages around the system.

"The incident happened at City Hall which is where the 201 and 202 lines come together," said acting Transit director Russell Davies. "Unfortunately this failure ended up impacting 7 Avenue as well as both our main lines."

He added when power issues happen the system is designed to protect itself and those around it by isolating the area around the incident to cut down on any further damage.

"It happens, but it's very, very infrequent," Davies said.

"Right now it looks like it's just an unfortunate event, obviously we will look at the events leading up to it and if there's something we can do to improve this performance, then absolutely we will."

Any spare operating buses were deployed immediately to get customers on their way.

Ron Collins, a spokesperson with Calgary Transit said from a customer service standpoint the team jumped into action giving

updates over Twitter, on the new digital signs, website, mailing sites and frequent PA announcements even bringing extra staff to platforms for an extra hand.

Davies said Calgary Transit wants to apologize for the service loss.

"Calgarians have been fantastic and have been very supportive and understanding in the majority."

147

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TRANSIT

Green Line supporters share concerns

Coun. Shane Keating and the LRT on the Green Foundation are urging councillors to rein in recommendations made to include the full RouteAhead plan in a federal grant request.

A notice of motion Keating initially brought forward to study how the Green Line can move from plans of a bus-only transitway straight to the end-goal of a full-fledged LRT has since been amended by council to include the full scope of RouteAhead,

the city's 30-year transit plan.

But that concerns both Keating and LRT on the Green, a citizens group that's been lobbying for the Green Line, a proposed CTrain route that would run from north-central Calgary to the city's deep southeast.

"It's just going to cloud the whole issue," Keating said of the broader grant-application scope. "We need to look at what the potential would be and how we would apply for that specific

funding. Route Ahead in some cases is a 30-year plan — it's not a project."

The federal government has opened applications for a Public Transit Fund, which could help Calgary get funds it needs to complete such major transit projects.

The RouteAhead plan includes numerous projects for an overall 30-year goal to keep congestion down and transit flowing effectively as the city grows.

The plan includes the Green Line as well as projects in areas that aren't even developed yet, which Jeff Binks, president of LRT on the Green, said raises concerns when it comes to a federal grant request.

"As nice as it is to think that we could knock off every transit project that we need for the next 30 years, realistically the federal government is very unlikely to come back and give it to us," he said. HELEN PIKE/METRO

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Armond Smalleyes joins in opening the First Nations Powwow, on Canada Day 2015. JENNIFER FRIESE/FOR METRO

Headdress is 'sacred culturally'

FIRST NATIONS

Aboriginal centre reacts to use of regalia as fashion

Lucie Edwardson
For Metro | Calgary

At the height of a time when cultural appropriation is being called out, Canadian music festivals have begun to take a stance, banning festival goers from donning aboriginal headdresses.

Most recently the Edmonton Folk Festival said they wouldn't allow patrons to adorn their head with the traditional headgear, following the lead of other festivals in the country.

Still, their use is being questioned by those in the aboriginal community, citing a lack of understanding in the value of the headdress.

"People wearing imitation headdresses at music festivals and for Halloween are being extremely disrespectful to First Nations people and their spiritual beliefs and practices," said Andrea McLandress, President of the Aboriginal Friendship Centre of Calgary.

McLandress said that the headdress is a "sacred, cultural and spiritually significant

regalia within First Nations culture," adding that different First Nations groups have different requirements for those who wear a headdress, but involves a high level of achievement for all of them.

"An individual within a community achieves a certain level of accomplishment within community leadership or spiritual leadership," she said. "In some cases it's becoming a chief, in others it's being a part of a sacred spiritual society, and sometimes it's an honour given to an outside community member."

McLandress said that wearing a headdress for fashion is comparable to somebody who wasn't in the military wearing military medals, or an individual wearing the religious clothes of Christian officiants.

The Calgary Folk Music Festival said this week they won't be banning the wearing of headdresses at this year's festival, running July 23 to 26, saying they believe their clientele are more culturally sensitive.

But, if you are looking to make a fashion statement, McLandress said there are many great alternatives.

"Moccasins, mukluks, ribbon shirts, hide clothing and accessories, beadwork jewelry — those are all great fashion pieces that create a great look and are respectful to Aboriginal people."

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Three men walk into a gay bar ...

LGBTQ COMMUNITY

City's 'hidden history' is explored through tours

Jennifer Friesen
For Metro | Calgary

Hidden in plain sight, Calgary's first gay bar opened up in 1968.

Five founders launched Club Carousel under the guise of being a members-only charitable society. They were forced to stay in the shadows because merely dancing with a member of the same sex was a criminal offence in Calgary.

"It was a really intimidating time," said Kevin Allen.

"So it was very courageous of them to create that space. And I argue that that was really the dawn of a formal gay community in Calgary, where people started thinking about their rights and agitating for change."

Allen brought a crowd of 20 people by the old Club Carousel location in early July as a

part of his Gay History Walk, sharing the major events, locations and stories of Calgary's LGBTQ community.

In 2012, Allen began the Calgary Gay History Project as a way to understand the "secret lives" of Calgary's LGBTQ community in the '50s and '60s. Through interviews and archives, he's uncovered evidence of the Pansy Club (what he describes as a "pre-gay bar") dating back to 1939.

"Calgary sort of has a unified historical narrative to do with the Stampede and oil exploration," said Allen. "But there are other histories and other communities in Calgary, only those histories haven't been recorded. It's a hidden history because no one was willing to talk about it."



It's important to understand how far we've come, and how quickly things can change.

Michael Wright

Allen makes 13 stops through the Beltline, some of which were a hidden oasis to the LGBTQ community in the '80s and '90s, including

a feminist bookstore and Calgary's first gay community association.

When Allen came out as gay in the summer of 1990, he recalls people being beat up and killed in Calgary, as groups of young men with baseball bats and pickup trucks went on a "hunt" for gay men.

Michael Wright was on the walk with Allen this month, and while walking down 17th Avenue, he noted "how different things are now."

"If you don't understand your history, you're doomed to repeat it," he added. "It's important to understand how far we've come, and how quickly things can change."

Allen will be turning his research from the Gay History project into a book, which he

expect to complete next year. He'll also be holding free walks during Calgary's Pride festival this year, from Aug. 28 to Sept. 7.



Top: Kevin Allen stands outside the location of Calgary's first gay community association, Gay Information and Resources Calgary. It's now home to Calgary Outlink: Centre for Gender and Sexual Diversity.

Below, left: The Calgary Pride Parade was historically held on 17th Avenue, home to a number of gay and lesbian bars, including a short-lived lesbian bar called Yes, We Have No Bananas. Right: Before this 4 Street location was Shelf Life Books, it was a gay bar called Parkside Continental. The Imperial Sovereign Court of the Chinook Arch, a non-profit group that fundraises for charity through drag shows, held their first meeting here in 1976. JENNIFER FRIESEN/FOR METRO



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Justine Tyrell sings the national anthem at Calgary Stampeders home games.
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THE VOICE BEHIND THE ANTHEM



Candice Ward For Metro | Calgary

As the anthem singer for the Calgary Stampeders, Justine Tyrell has only shown sports fans a small taste of what she can really do. As a full-time musician off the field, Tyrell entertains crowds throughout the city at wine bars, pubs, the Calgary Stampede and corporate events, and she has even lent her voice to sing the anthem for the U.S. Embassy and Alpine Canada World Cup events. Now Tyrell talks with Metro about life away from the microphone.

More than just a pretty voice
Before making the decision to

pursue music full time, Tyrell completed her diploma in event management at Mount Royal University. She also currently works part time for a home builder and can be seen on Shaw TV on Calgary Now and heard co-hosting on CJSW's Off the Map radio show. But for Tyrell, music makes her life complete.

"It's hard for me to imagine a life without music," said Tyrell. "If I had to pick, broadcasting media would be an alternative (reporter), or continuing my work in real estate. I love people, so I would definitely need to be really engaged with people, whatever I was doing."

Naturally artistic
Growing up, Tyrell said she was

never one for sports, but not for a lack of trying.

"I think the hardest part was just wanting to be good at something, that I was actually just horrible at, and getting injured almost every time I tried," said Tyrell.

Although she doesn't have an athletic bone in her body, she's never had a problem fitting in with the sports community, which is perfect since she works for one of Calgary's biggest teams.

"Luckily I had a really diverse mix of people around me — athletes where I was always at their games and artistic people who I would create with — so I felt pretty included and embraced either way," said Tyrell.

Career goals

For Tyrell, failure isn't an option. It's one of her biggest fears and also the driving force to keep pushing through with her career.

"It's terrifying to think of not being able to sustain working in the field I love and having to settle for something else," said Tyrell.

"Music can also be so inconsistent and unpredictable in terms of money, so that's always a fear and added pressure when trying to set financial goals."

But for her, the end game is always music.

"The ideal goal would be to gear up to release an album and tour with it and to have my music reach outside

of Calgary," said Tyrell.

She is currently working on an album with her boyfriend, who is also her guitarist. They also frequently perform in a five-piece band as well.

Her hero

While most singers look up to other singers and find inspiration in other artists, Tyrell said it's her mom who has been a driving force for her.

"She's the most driven, resilient person I know and has supported me following music from when I was young," said Tyrell.

Her mom can even be found at most Stampeders home games supporting her daughter as she performs the anthem in front of thousands of people.

+ QUICK Q&A

1. Favourite sport other than football to watch?
Hockey, hands down.

2. What do you love to talk about but no one ever asks you about?

Egypt! I've been really interested in Egyptian history and all things Egypt since I was young.... I'm a little obsessed.

3. Your all-time favourite Stampeders (past or present):

Spencer Wilson — he's a great player and a good friend! Jon Cornish — outstanding player, and I love his energy and ability to get the crowd excited.

4. Favourite Calgary hangout:

Rodney's Oyster Bar — just came across this place and I love it.

5. What is your ideal vacation?

I'm a mountains kind of girl, or anywhere with history and cobblestone. A few days away in Banff is my favourite, but still dreaming of going to Paris or Egypt.

6. If we turned on your iPod, what would be playing?

Gershwin, Hozier or Amy Winehouse, most likely.

7. What movie could you watch over and over again?

Great Gatsby, hands down. Coraline will also never get old.

8. Bucket-list item you are dying to cross off?

Singing a duet with Michael Bublé.

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'Excitement' drives change in PC party

POLITICS

Election loss feeds Alberta PC supporters' motivation



Ryan Tumilty
Metro | Edmonton

A senior member of the Progressive Conservatives says the party's historic defeat in May might be exactly what was needed to change.

Troy Wason, a board member and vice-president with the



There are a lot of people out there who want to be part of what's new.

Troy Wason, Alberta PC party vice-president

party, said he worried he was witnessing the end when his party's 44-year hold on power ended in the May election, but added that he's seen signs of life emerging ever since.

"I haven't seen this kind of excitement or this kind of motivation to change things," Wason said. "There are a lot of people out there who want to be part of what's new."

The PC party ran up a considerable debt during the election campaign in May and new restrictions on corporate donations passed by the Notley government will cut into the party's fundraising ability.

But Wason said that while many pundits might be writing the party off, its members seem prepared to work.

"The whole idea of rolling up the tent doesn't seem to be part of my mind right now and it doesn't seem to be part of the people who I'm talking to," he said.

He said the party became too top-down and it needs change.

"I certainly feel there's room

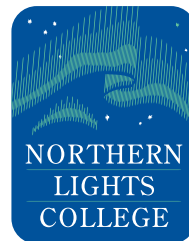


Alberta PC vice-president Troy Wason. YOUTUBE

for (the) Progressive Conservative Party, but not the way it was even six months ago. It has to be a member-driven organization."

Wason said losing will allow the party to take stock, consider new policies and listen to members.

"That is the kind of thing we haven't been able to do. It has been leader-driven and the membership has followed."



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Scenario A



The city is planning public consultations on ward changes, but Mike Morrison says the time of year, duration and location give this initiative two thumbs down. COURTESY CITY OF CALGARY

Ward boundaries are this summer's big flop

COLUMN

Consultations on big changes seem doomed from the start

IN DEFENCE OF

Mike Morrison
Metro | Calgary

Every summer, movie theatres are packed with disaster flicks featuring volcanic explosions, alien robots and Adam Sandler. But if Hollywood is looking for its next big disaster film, I have an idea for them: Calgary's ward boundary changes.

Now I get that the name isn't the most exciting, but trust me, it'll be a hit.

If you don't know about the ward boundary changes, a commission has been working hard for the past year or so to redesign the city's 14 wards to make sure they're more representative of Calgary's

increased population. That's a good thing (unless you're a city councillor who's only ever represented the wants of suburbanites at the cost of urban Calgarians).

Earlier this week, the commission revealed two potential plans to adjust the boundaries. Calgarians will have just a few weeks to weigh in on the drastic changes.

Holding any type of public consultation during the months July and August just seems like a bad idea. There's two very well-known facts about Calgary: one is that the Saddledome is the worst concert venue of all time, and the other is that after the Stampede, Calgarians pack up their cars and head off on vacation until a few hours before school starts in September.

Sure, there's a few people that stick around for Folk Fest and to finally snag a seat on the Ship patio, but there's no way those hastily scheduled open houses will see even a fraction of the attendance they

I've seen Michael Bay movies that make more sense, and yes, I'm including Transformers 4.

would if held appropriately in the fall. But it's not only when those public consultations are happening, it's where. Over the span of just two weeks, Calgarians that are still in the city are invited to five different engagement sessions. The problem is that while three of the sessions are being held in the south east, none are being held in many areas where the boundary changes will affect Calgarians the most.

I've seen Michael Bay movies that make more sense, and yes, I'm including Transformers 4 — which if we can agree on anything, it's that it made no sense whatsoever. (Why,

Stanley Tucci, why?)

Maybe I'm being too cynical about municipal politics in Calgary. Or maybe I'm getting too involved in something few people really have an emotional attachment to. Heck, most don't know who their councillor is, let alone their ward.

Still, the new boundaries won't take effect until Oct. 16, 2017. We really can't delay the public consultation a month or two? And why do Calgarians get only two weeks to weigh in on the future of our city? Why not make the public consultations easier for people to participate in? This is important enough to make sure we get it right.

While I do hope city hall finds a way to achieve better representation for everyone, the current plan doesn't seem to be the way to go about it. So like any good superhero franchise, it's time to reboot and start again.

Mike Morrison tweets from @mikesbloggity.

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HISTORY

Tale of a Town wants to hear from you

The Tale of a Town crew has touched down in Calgary, and they are ready to hear your stories.

Charles Ketchabaw, a member of the national team here until Monday, said they hope to hear stories of what makes each place they visit a community, and what people like about where they live.

"The goal is to recreate what life was like when there was a bigger sense of community and

everyone was less busy," he said.

According to Ketchabaw, the project began as a way to "capture memories of a place as they change and go through transformations, and make sure they are not lost."

As The Tale of a Town teams collect memories, they compile the oral histories and create performances.

This time through Calgary, they will just be collecting stories, but Ketchabaw said they

66
There are a lot of shared memories that we have.

Charles Ketchabaw

plan to return next year to perform.

Ultimately, their hope is to "create Canada's collective community memory."

Tale of a Town will continue to collect oral histories from Canadians leading up to Canada's sesquicentennial in 2017, when they will put out a collection of stories to celebrate 150 years as a country.

"The idea is that there are a lot of shared memories we have that are very similar across the country," he said.

You can find more information at thetaleofatown.com.
LUCIE EDWARDSON/METRO



A SpaceX Falcon 9 rocket lifts off from Cape Canaveral on June 28 carrying supplies to the International Space Station. It exploded shortly after takeoff. JOHN RAOUX/THE ASSOCIATED PRESS

A huge blast for students

EXPERIMENT

High schoolers to send project on rocket going to space station



Robson Fletcher
Metro | Calgary

Not many high-school students would haul lab equipment home from class at the end of the school year to carry on their studies throughout the summer, but Sophie Gobeil and her peers are working on something that goes a bit beyond the regular curriculum.

Four-hundred vertical kilometres beyond, to be precise.

That's how high the group of Bishop Carroll High School students plans to send an experiment in the fall, after securing a spot for their cargo on a SpaceX rocket bound for the International Space Station.

"It's pretty hard to wrap my mind around it, really," Gobeil said. "It's such a unique opportunity. How many get to say they're sending something up to the space station? It's really amazing."

Once aboard the ISS, astro-

nauts will tend to the teens' experiment, while the students run a concurrent test down here on Earth.

The goal is to see if microgravity affects the antibiotic resistance of bacteria, said their teacher, Amy Webster, who helped secure \$25,000 in grants from the Calgary Foundation and Alberta Innovates to reserve space on the rocket.

Bishop Carroll is the first Alberta school to participate in the Student Spaceflight Experiments Program (SSEP), based out of the United States.

Webster, who worked as a mechanical engineer for a decade before getting into teaching, said she jumped at the opportunity to give the students such a hands-on research experience.

"They're actually doing a real-life experiment and I think it's a good link from our curriculum to real life," she said.

Next July, the team plans to present the results of their experiment at the SSEP National Conference in Wash-

ington D.C.

Webster is currently raising funds to help cover the costs of their trip and invites anyone interested in supporting their effort to contact her at amy.webster@cssd.ab.ca.

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Quarter century of memories

BACKSTAGE PASS

Ship & Anchor staff recall best moments



Lisa Wilton
Metro | Calgary

So, a shirtless man walks into a bar with pieces of bacon and ham steaks taped to his chest ...

It sounds like the beginning of a corny joke, but it's actually one of the more interesting things Nicola Trolez has witnessed during her 25 years working at Calgary's legendary watering hole, The Ship & Anchor Pub.

"This kid was carrying around a big ceramic pig salt shaker," Trolez recalled.

"He started doing this performance art piece and the bartender kindly turned down the music. When it was over, the music was turned back up (and) everything went back to normal. You never knew what was going to happen when



Soccer fans cheer at the Ship & Anchor during last year's World Cup. CONTRIBUTED

you'd come to work each day."

Mr. Baconator was eventually asked to leave when he started sprinkling salt into patrons' pints, but Trolez says until then no one had a problem with this strange scene.

It's just one of many memories Trolez has amassed since her days as a server and bartender at the Ship, which is

celebrating its 25th anniversary on Wednesday.

Opened in 1990, the Ship's laid-back style and British pub vibe attracted an eccentric mix of ex-pats, students, artists and musicians early on.

"It started out as kind of a well-kept secret," said Trolez, who is now the Ship's market manager and a co-owner.

"The culture in Calgary was very different at the time. These were the years of Electric Avenue. For those who weren't interested in that, there was The Republik and us. I think we benefited from being close to each other and being an alternative."

While many of the staff and patrons in those early years

don't frequent the Ship & Anchor as often, the bar is still one of the most successful and well-known locations on 17th Avenue.

Trolez said its popularity is due to the Ship's ability to stay relevant with "the kids" with its live music programming and special events such as Tuesday night's Punk Rock

+ JOIN IN

The Ship & Anchor celebrates its 25th Anniversary on July 22 with sets by Port Juvée, The Neckers and special surprise guests.

The pub is located at 534 - 17 Avenue SW. Entry is free, but come early to avoid the long line.

Bingo and Saturday afternoon's open mic jam.

"You can't just hang your hat," she said. "You have to be engaged and knowing what people want to listen to or what they want to eat and drink. At the same time, still recognizing the people who've been coming here for years."

"We all feel very comfortable sharing the room. It's not about age or occupation."

Trolez is also proud of the pub's reputation.

"I've had people come up to me in Amsterdam and London and they've heard of the bar," she says. "I'd like to think that's still happening out there."

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The Neckers (not actual surgeons) will play a rock 'n' roll set at The Ship & Anchor on Wednesday night. CONTRIBUTED

The Neckers bid farewell

MUSIC

Band to play The Ship & Anchor Pub's birthday bash

Once Calgary's most entertaining purveyors of ramped-up garage rock, The Neckers have lain dormant for the past five years.

But the guitar-wielding, high-kicking quartet has reunited for one last show in celebration of The Ship & Anchor Pub's 25th Anniversary. They'll be joined by local indie stars Port Juvée and a special surprise guest.

Guitarist Jim Blood tells Metro whether this farewell gig is for real or more like a Cher/Motley Crue retirement:

What has it been like rehearsing with the band again? Are you sure this won't lead to more shows or new music?

It was very strange because I think it's the first time the band has ever rehearsed. We realized (bassist) Steve (Elaschuk) had just been playing Wagbeard songs this whole time.

If this show goes well we will definitely play again in, let's say, 2019.

We still have a garage full of CDs to get rid of and it'll be around that time when the format will be the ironic craze for young hipsters.

What was the reaction to

news The Neckers were going to grace the stage one more time?

We originally posted the news on our Myspace page but didn't get much of a response. So we tried Facebook and the reaction was insane — over 50 views.

We've been getting lots of cool feedback like, 'That's awesome you're playing with Port Juvée,' and 'Hey, what time does Port Juvée start?'

What does The Ship & Anchor Pub mean to you?

When we started, the main venues in Calgary were the Ship, The Night Gallery, the Republik, The Underground, The Castle and the Metro (not to mention all-ages venues like the Multicultural Centre) and they were all packed. Sadly, but thankfully, the Ship is the one venue left from that era that is still standing.

What's your favourite story about the Ship (that can be printed)?

I've walked in on things going on in the men's room that definitely can't be printed. But my favourite memory is watching a girl drunkenly stumble past the stage to our merch table, steal a t-shirt off the wall and then bulldoze through three tables, spilling beer everywhere while she made it for the door.

I really hope she woke up the next morning wearing the shirt and wondering, 'Who the f**k are these guys?'

LISA WILTON/METRO

Your Weekend's Best Bets

1 TURKISH FESTIVAL

Friday — Eau Claire Plaza
Now in its eighth year, the Calgary Turkish Festival takes over Eau Claire Festival Plaza for the weekend. The festival features mouth-watering Turkish cuisine as well as eye-catching art, costumes and folk dances and performances of the traditional music of Turkey.
Calgaryturkishfestival.com

2 ROCK THE WALK V

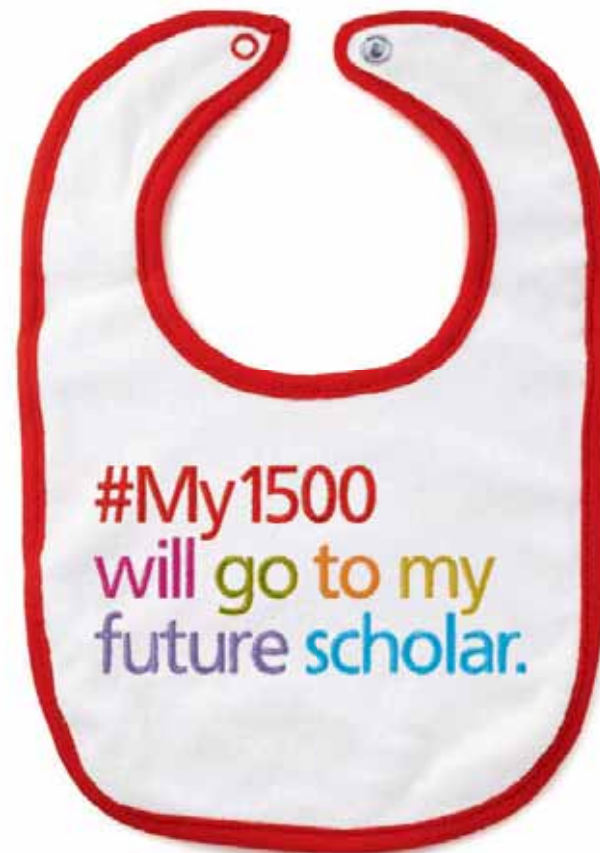
Saturday — East Village
Local bands Napalmpom, 367, The Lovebullies, Run Deer Run and Teledrome will join East Village vendors and food trucks at this mini-music festival on RiverWalk Plaza. Bands start at 11 a.m. and the music runs until 5 p.m.
EVexperience.com

3 FRANCO FESTIVAL

Saturday — Millennium Park
Francophone culture from North America, Europe, Asia, Africa and South America is celebrated during this two-day festival at Shaw Millennium Park. There will be food, music and art, as well as sets by artist including Mireille Moquin, Youssou Seck and Bombolesse.

4 THE DECEMBERISTS

Sunday — MacEwan Hall
Portland's indie folk darlings return to Calgary with their haunting melodies, history lesson lyrics and brilliant musicianship. If you caught them at the Calgary Folk Music Festival, you'll know this will be one of the best shows to hit Mac Hall this year.



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Rolling out new survey on paths

COMMUNITY

City launching Segways on pathways to test reaction



Helen Pike
Metro | Calgary

Segway tours will be hitting Calgary pathways for the second time as part of a pilot project the city is hoping will help them update outdated bylaws.

Calgary's city bylaw still prohibits electronic-assist vehicles on pathways unless the user has requested permission from the parks department or they're medical-assist electric scooters.

Drafted in 2008, parks officials say the bylaw is already behind technology, and to see it updated have allowed a Segway touring company to test the waters — or paths — and study

the public's reaction.

"In the four months off and on that they operated we didn't get any concerns or complaints from the public regarding the use of these Segways on the pathway system," said parks pathway lead Duane Sutherland. "We're constantly looking at electric assist."

Sutherland said they have been canvassing nearby jurisdictions who do allow electronic assist vehicles to see what the best practices would be, but noted the process is still slow going.

Because Calgary has such a robust pathway system, Sutherland said the city has to be extra prudent when it comes to opening up the trails to other modes of transportation.

"We have put in a request that is basically not going anywhere," Sutherland said. "With a 20 kilometre an hour speed limit on the pathway system, part of our concern is the added weight of the electric-assist units as well as the capacity to go faster than what they need to be safely doing on a pathways system."

David Whiteman, assistant manager for River Valley Adventure Segway Tours, said he gets odd looks riding on the paths, but mostly support and curiosity.

"It's a very interesting dynamic that we work under, we carry around a special permit that says we're allowed to operate the tours," he said.

Bike Calgary president Kimberly Nelson said they're all for hybrid bikes and vehicles she said act as "training wheels" to more outdoor activities for those who aren't physically active enough to hop on two wheels or hike a mountain without some warm up first. She added although their community is largely divided on the issue, Bike Calgary sees it as a positive. But she wonders what kind of safety precautions vehicles — like Segways — have to take before being path-worthy.

"Bicycles you must have a functioning brake, you must have a front and rear reflector, you must have a bell," Nelson said. "Segways, I couldn't even tell you what they need to have."



David Whiteman, assistant manager for River Valley Adventure Segway Tours, rides the paths with special permission from the City of Calgary on his Segway in Sien Lok Park.

JENNIFER FRIESEN/FOR METRO

PROVINCIAL PARKS

Online bookings jump

More Albertans are pitching tents or loading the camper this year after booking their trip on the World Wide Web.

According to Alberta Parks, more than 110,000 online reservations were made on reserve.albertaparks.ca, up 12,000 bookings from last year. The jump in campers this year is a testament to the celebration of Parks Day on Saturday, said Environment and Parks Minister Shannon Phillips, in a press release. Natrivia, considered a Tripadvisor for campers, has also seen more user signups and traffic this year, said Matthew Elliott, co-founder of the Calgary-based company.

"Especially with Parks Day approaching, people want to get outdoors and enjoy some of the finest parks in the world here in Alberta," he said via email.

The government said it's committed to promoting tourism and economic growth by building the success of Alberta's parks, working with First Nations communities, municipalities, counties and environmental groups.

JEREMY SIMES/FOR METRO



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Fiestaval back in town

LATINO COMMUNITY

Bringing culture to the forefront this weekend

For the last eight years, Fiestaval has been bringing together the Latino community in Calgary to celebrate and share, and their ninth

year will be no different, say organizers.

Christian Greiffenstein, program coordinator for Fiestaval said that they operate under the "mi casa es su casa" philosophy.

"It doesn't matter if you are from Colombia or Mexico, the whole Latin American community gets together as one and shares this culture we are so proud of," he said.

Greiffenstein said on top

of bringing the Latin community of Calgary together, the event also allows them to share their culture with other Calgarians.

"When you come to this country as an immigrant, like I did, there is a hole in your heart and soul for what you left behind," he said. "To be able to salvage that connection and show Calgarians and Canadians what our culture is about is amazing."

Juliet Burgess, volunteer coordinator for Fiestaval said the festival is "just so much love," and welcomes people from all cultures to explore.

"Promoting cultural awareness is just so valuable," she said.

Fiestaval takes place July 17-19 at Olympic Plaza. It is free for everyone and will include performers, vendors and food.

LUCIE EDWARDSON/METRO



Natalia Godinez, of the Calgary-based Viva Mexico Dance Society, performs for the crowd at Olympic Plaza during the 2013 edition of Fiestaval. METRO FILE

CALGARY POLICE SERVICE

Over 300 calls seen during tweet-along

Calgarians were offered a peek into the shift of a Calgary police officer Wednesday night through a live tweet-along.

Const. Mark Smith tweeted as much as his thumbs would allow him (almost 300 times!) over two hours, giving followers a taste of what CPS deals with on any given night.

Police responded to some interesting calls, including a shoplifter stealing bear spray and a blowtorch, as well as a fleeing suspect who dropped their bag containing their ID card.

Const. Jeremy Shaw, who helped Smith with the tweet-along, said the greatest thing that comes out of their tweet-alongs, is that Calgarians can see just how busy CPS is during a shift.

"It's just a normal night, we never know what kind of calls to expect, and people are shocked by the volume of calls we receive in such a short period of time."

According to stats provided to Metro by CPS from Public Safety Communications, who run dispatch, CPS responded to 322 calls during the tweet-along Wednesday.

On average during a 24-

hour time period CPS responds to 1497 a day. Out of those calls, on average, 593 calls are emergency calls and 904 are non-emergency calls.

Shaw said although call volumes and the tweet-along give Calgarians an idea of what officers respond to, it represents only a fraction of the work officers do during a shift.

"The most common example being traffic stops, suspicious people or proactive crime prevention initiatives," he said.

LUCIE EDWARDSON/METRO



Const. Mark Smith and Const. Jeremy Shaw use Twitter to let Calgarians in on a typical CPS shift.

COURTESY CALGARY POLICE SERVICE

BANK ROBBERY

Police charge man following bank robbery in southwest Calgary

One man has been arrested and charged following a bank robbery Wednesday.

Police responded to a call just before 2 p.m. Wednesday, of a robbery at the TD Canada Trust located in the 9600 block of Macleod Trail S.W.

According to police, a man entered the bank and presented a note to the teller indicating he was armed and demanded they

hand over money. Police said in a release that the man obtained an undisclosed amount of cash and fled the bank.

Police were able to locate the suspect shortly after and he was arrested. No one was injured during the robbery.

Joel Scott Macdonald, 24, of Calgary, was arrested with five outstanding warrants. He has been charged with one count of robbery and will appear in court July 24.

METRO

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Senator to undergo review

GOVERNMENT

Ethics officer to review harassment allegations

The Speaker of the Senate says the upper chamber's ethics officer has been asked to look into Sen. Don Meredith over the results of an investigation into how he treated his office staff.

Leo Housakos publicly confirmed in a short statement Thursday morning that Meredith has been told he will undergo an ethics probe.

Housakos says he and other top senators on the Senate's internal economy committee felt it was "imperative" the investigation results be referred to ethics officer Lyse Ricard.

Depending on the outcome of the latest ethics review, Meredith could face penalties ranging from a forced public apology on the floor of the Senate — which is the punishment for former Conservative Pierre Hugues Boisvenu when he was found last year to have violated the Senate's ethics code — to

suspension without pay.

Sources told The Canadian Press Wednesday night that six former staffers who spoke with outside investigators made allegations of workplace harassment against Meredith, saying he was a bully, rude and unprofessional toward his staff.

There are also allegations of psychological harassment and sometimes making irrational demands of his staff.

The allegations in the investigation report remain unproven and none of the staffers who took part, nor any whose stories are included in the report, wanted to file a formal complaint against Meredith, sources say.

The Senate first ordered the investigation into Meredith's office in February after top senators, including former Speaker Pierre Claude Nolin, witnessed what they felt was a troubling turnover of staff in Meredith's office. The Senate's internal economy committee called in outside investigators to speak with former staffers and Senate human resources officials as well as Meredith himself.

Six staffers who left Mere-



The Speaker of the Senate says the upper chamber's ethics officer has been asked to look into Sen. Don Meredith, seen in this undated photo, over the results of an investigation into how he treated his office staff. THE CANADIAN PRESS

dith's office in the last four years and spoke with investigators are not identified in the report and only took part on the condition that their names be protected.

The investigators' report has

not been made public.

The former Conservative senator who now sits as an independent has not returned multiple requests for comment left for him on his Senate cell phone and at his Richmond

Hill home Wednesday night and Thursday morning.

Meredith is already under investigation by the Senate's ethics officer after published allegations last month that he had a sexual relationship with a 16-year-old girl.

The woman told Torstar News Service that Meredith initially believed her to be 18, but she told him her true age within six weeks of the pair's first meeting at a Black History Month event at a church in Ottawa.

The Torstar report said the woman, who is now 18, had sexually explicit online chats with Meredith and that the relationship progressed to kissing and touching before she turned 18.

The Toronto-area senator appointed by Prime Minister Stephen Harper quit the Conservative caucus after the allegations were published.

He has since faced calls for his resignation from senators of both stripes. Through a lawyer retained after the Torstar story was published, Meredith stated he fully intends to respect the internal procedures of the Senate. THE CANADIAN PRESS

IN BRIEF

More evacuees head home in Saskatchewan

More evacuees were heading back to their homes in northern Saskatchewan as firefighters gained the upper hand on wildfires threatening some towns and reserves.

Evacuation orders were lifted Thursday for several communities including Montreal Lake, Weyakwin and La Loche, a village of about 2,600 people. About 1,000 residents returned Wednesday to other areas, including Pinehouse and Turnor Lake-Birch Narrows.

A higher-than-average number of fires this season forced about 13,000 people out of their homes in about 50 communities over the last three weeks. Fires have destroyed about 90 homes, many of which were seasonal cabins.

Flora Kraus told Saskatoon radio station CKOM that, after 18 days in a hotel in Prince Albert, she was glad to finally go home to Weyakwin. But she was also afraid of what she might find.

THE CANADIAN PRESS

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Eateries stung by soaring food costs

FOOD AND DRINK

Restaurants contemplate raising prices to stay afloat

Canadians grown accustomed to paying more for groceries shouldn't expect to find cheaper prices in restaurants.

Quarterly figures from Restaurants Canada suggests that 65 per cent of the country's eateries report their food budgets are higher than they were at the same time last year. They say soaring prices for beef, pork and produce are eating into razor-thin profit margins. In order to keep up, 54 per cent of restaurants say they're expecting to raise their menu prices some time in the next six months.

That's up slightly from the previous quarter when 50 per cent of restaurants responding to the organization's outlook survey planned to raise their rates.

Spokeswoman Joyce Reynolds says restaurants don't make such decisions lightly, since price increases are an almost surefire way to keep business away.

"It's an extremely competitive industry, and they have



It's an extremely competitive industry, and they have very price-resistant customers.

Joyce Reynolds, restaurants spokeswoman

very price-resistant customers," Reynolds said in a telephone interview. "When they try to increase their prices, they find that customers aren't willing to pay them."

Food prices have been climb-

ing in recent months with the cost of beef causing particular consternation.

According to Statistics Canada data released earlier this month, the price at slaughter for 100 pounds of Alberta beef rose to

\$192.80 in May. That's a 36 per cent jump from May 2014 and now stands as the highest price on record. StatsCan figures also suggest the surge is not limited to domestic meat products.

The May consumer price index found that overall food prices had jumped 3.8 per cent from where they stood a year earlier. The year-over-year spike covered all food products.

THE CANADIAN PRESS



Health-care protesters outside a meeting of Canada's premiers in St. John's, Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

Premiers to feds: Boost health funds

Canada's premiers are asking the federal government for more health-care funding, saying an increase would help transform the existing health-care system and offset the impact of an aging population.

A statement from Premier Paul Davis of Newfoundland and Labrador says the premiers are asking Ottawa to increase the Canada Health Transfer to cover at least 25 per cent of all health-care spending by the provinces and territories.

The statement released by Davis's office after Thursday's Council of the Federation meeting in St. John's says that each province and territory faces similar challenges, including increased overall health-care costs, a rising need for home and palliative care and support for "informal" caregivers.

"Premiers discussed the ... growing financial pressures population aging will have on their governments, particularly

regarding health care," reads the statement. "These financial pressures reinforce the need for the federal government to increase its funding for health care."

An emailed statement from Health Minister Rona Ambrose's office says the Conservatives have transferred the highest amounts in history to the provinces and territories for health care and are on track to reach \$40 billion annually by the end of the decade.

It says Ottawa will provide \$27 billion for health care over the next five years, and health funding was being increased at a higher rate than the provinces were spending it.

Outside the meeting, a small demonstration called attention to medicare funding. Debbie Forward, president of the Registered Nurses Union of Newfoundland and Labrador, said the federal government is not paying its fair share for health care. THE CANADIAN PRESS

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<p>2006 TOYOTA SIENNA LE AWD</p> <p>3 TO CHOOSE FROM!</p> <p>RARE ALL WHEEL DRIVE!!! 162,000KM'S</p> <p>STK 6554A</p> <p>WAS \$15,000</p> <p>NOW JUST \$12,000</p>	<p>2014 TOYOTA YARIS LE</p> <p>4 TO CHOOSE FROM!</p> <p>LIKE NEW!!! 38,000KM'S</p> <p>STK 6491A</p> <p>WAS \$20,000</p> <p>NOW JUST \$14,500</p>	<p>2013 TOYOTA COROLLA CE</p> <p>6 TO CHOOSE FROM!</p> <p>NICE CLEAN CAR!!! ONLY 44,000KM'S</p> <p>STK 6501B</p> <p>WAS \$19,000</p> <p>NOW JUST \$14,000</p>	<p>2011 TOYOTA MATRIX</p> <p>5 TO CHOOSE FROM!</p> <p>LOW MILEAGE!!! 49,000KM'S</p> <p>STK 150825A</p> <p>WAS \$18,000</p> <p>NOW JUST \$15,000</p>

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Astronauts dodge debris

SPACE STATION

Team seeks shelter from space junk in Soyuz capsule

A piece of space junk forced the three space station astronauts to seek emergency shelter Thursday.

For nearly an hour, the American and two Russians hunkered down in their Soyuz capsule, which is docked to the International Space Station, in case they had to make a quick getaway. The fragment from an old Russian weather satellite ended up passing harmlessly, about 3 kilometres away.

"Happy there was no impact," NASA astronaut Scott Kelly said via Twitter. "Great co-ordination with international ground teams. Excellent training."

It's only the fourth time in the 16-year history of the space station that a crew has had to rush into a Russian Soyuz for protection from potentially dangerous debris. The exact size of the object was un-



Astronaut Scott Kelly sits in a Soyuz simulator at the Gagarin Cosmonaut Training Center in Star City, Russia, earlier this year. BILL INGALLS/NASA VIA THE ASSOCIATED PRESS

known, according to a NASA spokesman.

Normally, NASA learns about incoming junk sooner, and the space station moves out of the way. But there wasn't time for that Thursday; the crew was notified just 1 1/2 hours in advance.

The three men were already up and working when Mission Control ordered them into the Soyuz on Thursday morning. They did not need to put on their Soyuz flight suits, and there was no rush, said NASA spokesman Dan Huot.

The all-clear came 1 1/2

hours after the initial alert, around 8 a.m. It took the astronauts more than an hour to get their 400-kilometre-high home back to normal operation, following the "shelter in place," as NASA calls it. Research work that was interrupted will be rescheduled, according to Mis-

sion Control.

Kelly and his Russia roommates, Mikhail Kornienko and Gennady Padalka, are getting used to junk in their neighbourhood.

Twice since the trio arrived in March, the space station has had to dodge pieces of orbiting debris, in April and June. Three more men are due to arrive next week.

The last time a station crew had to jump into their Soyuz for protection was in 2012.

Space junk is at an all-time high because of all the clutter in orbit, the result of accidentally colliding spacecraft, exploding satellites and rocket stages, and deliberate run-ins ordered up as tests by China and the United States several years back. Just last February, a U.S. military meteorological satellite blew up, presumably because of a failed battery, scattering dozens of pieces of debris.

The Defence Department is currently tracking about 22,000 dead satellites, spent rocket bodies and all other forms of orbital debris.

THE ASSOCIATED PRESS

COLORADO

Theatre shooter guilty

Colorado theatre shooter James Holmes was convicted Thursday in the chilling 2012 attack on defenceless moviegoers at a midnight Batman premiere after jurors swiftly rejected defence arguments that the former graduate student was insane and driven to murder by delusions.

The 27-year-old Holmes, who had been working toward his PhD in neuroscience, could get the death penalty for the massacre that left 12 people dead and dozens of others wounded.

The initial phase of Holmes' trial took 11 weeks, but it took jurors only about 12 hours to decide all 165 charges. They must now decide whether Holmes should pay with his life.

The verdict came almost three years after Holmes, dressed in body armour, slipped through the emergency exit of the theatre in suburban Denver and replaced the Hollywood violence of the movie *The Dark Knight Rises* with real human carnage.

THE ASSOCIATED PRESS

BUG BOUNTIES

Two hackers get million air miles for finding security holes

Two hackers have scored a million frequent-flyer miles each on United Airlines for finding security holes in the airline's computer systems.

The awards were made under a security program that United started in May. Technol-

ogy companies have offered so-called bug bounties, but they are unusual in the transportation industry.

United spokesman Luke Punzenberger said Thursday that two people have received the maximum award of 1 mil-

lion miles each and others got smaller awards. A million miles is enough for several first-class trips to Asia or up to 20 round-trips in the U.S.

Punzenberger declined to say what kinds of flaws the hackers found but said their

information had been turned over to company researchers. "We're confident that our systems are secure," he said.

United has suffered several major problems with technology systems since 2012, when it switched passenger-reserva-

tions and other systems over to those that had been used at its smaller merger partner, Continental Airlines.

Airlines "take all necessary precautions" to keep customer data secure, and most if not all have internal programs that

continuously check systems for intrusions, said Jean Medina, a spokeswoman for the industry trade group Airlines for America. She said, however, that the group isn't aware of any other airline offering a bug bounty.

THE ASSOCIATED PRESS

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Members of a SWAT team sit on the back of a vehicle in Hixson, Tenn., Thursday. A gunman unleashed a barrage of fire at a recruiting centre and another U.S. military site a few miles apart in Chattanooga, killing at least four Marines, officials said. The attacker was also killed.

JOHN BAZEMORE/THE ASSOCIATED PRESS

5 killed in gun attack

TENNESSEE

Feds probe possible act of terrorism

A gunman unleashed a barrage of fire at a recruiting centre and another U.S. military site a few miles apart in Chattanooga on Thursday, killing at least four Marines, officials said. The attacker was also killed.

Federal authorities said they were investigating the possibility it was an act of terrorism, and the FBI took charge of the case.

A U.S. official speaking on condition of anonymity identified the gunman as 24-year-old Muhammad Youssef Abdulazeez of Hixson, Tenn., though the spelling of his first name was in dispute, with federal authorities and records giving at least four variations. The official said Abdulazeez was believed to have been born in Kuwait.

Another U.S. official said there was no indication Abdulazeez was on the radar of federal law enforcement before the shootings. The official was not authorized to discuss the case and spoke on condition of anonymity.

In addition to the Marines killed, three people were reported wounded, including a sailor who was said to have been seriously hurt.

"Lives have been lost from some faithful people who have been serving our country, and I think I join all Tennesseans in being both sickened and saddened by this," Gov. Bill Haslam said.

The shootings took place min-

utes apart, with the gunman stopping his car and spraying dozens of bullets first at a recruiting centre for all branches of the military, then apparently driving to a Navy-Marine training centre seven miles away, authorities and witnesses said. The attacks were over within a half-hour.

Authorities would not say how the gunman died. FBI agent Ed Reinhold said Abdulazeez had "numerous weapons" but would not give details.

Four Marines were killed, the Marine Corps said. And a Navy sailor who was with them was seriously wounded, according to two U.S. officials who spoke on condition of anonymity because they were not authorized to discuss the case publicly.

In addition, a Marine was wounded in the leg but not seriously hurt. And a police officer was shot in the ankle, Mayor Andy Berke said.

The names of the dead were not immediately released.

Reinhold said authorities were looking into whether it was domestic or international terrorism or "a simple criminal act."

Within hours of the bloodshed, law officers with guns drawn swarmed what was believed to be Abdulazeez's house, and two females were led away in handcuffs.

A dozen law enforcement vehicles, including a bomb-squad truck and an open-sided Army green truck carrying armed men, rolled into the Colonial Shores neighbourhood of Hixson, and police closed off streets and turned away people trying to reach their homes.

THE ASSOCIATED PRESS

COLD CASE SOLVED

Sex offender charged with murder

Forty years after two young sisters vanished from a suburban Maryland mall, an imprisoned sex offender has been charged with murder, authorities said Wednesday, bringing some clarity to a baffling case that made parents afraid to let their children out of the house.

Lloyd Michael Welch Jr., 58, told authorities he was with the girls when they were abducted in March 1975 but denied any role in their deaths. Sheila Lyon,

12, and Katherine Lyon, 10, had walked a few blocks from their house to the Wheaton Plaza Mall to shop for Easter decorations and eat lunch. They never came home.

After decades of investigating leads and periodically identifying suspects, a break in the case came in 2013, according to an affidavit. A cold-case detective uncovered an interview that Welch gave to police in 1975. The detective compared a photo of Welch to a

composite sketch from a witness who saw someone following the girls at the mall, and he saw "a strong likeness," the affidavit said.

Welch, who is serving a lengthy prison term in Delaware, was indicted by a grand jury in Bedford County, Virginia, on Friday on two charges of first-degree felony murder, though the girls' bodies were never found. The indictment, unsealed Wednesday, says the murders were committed during an abduction with

intent to defile.

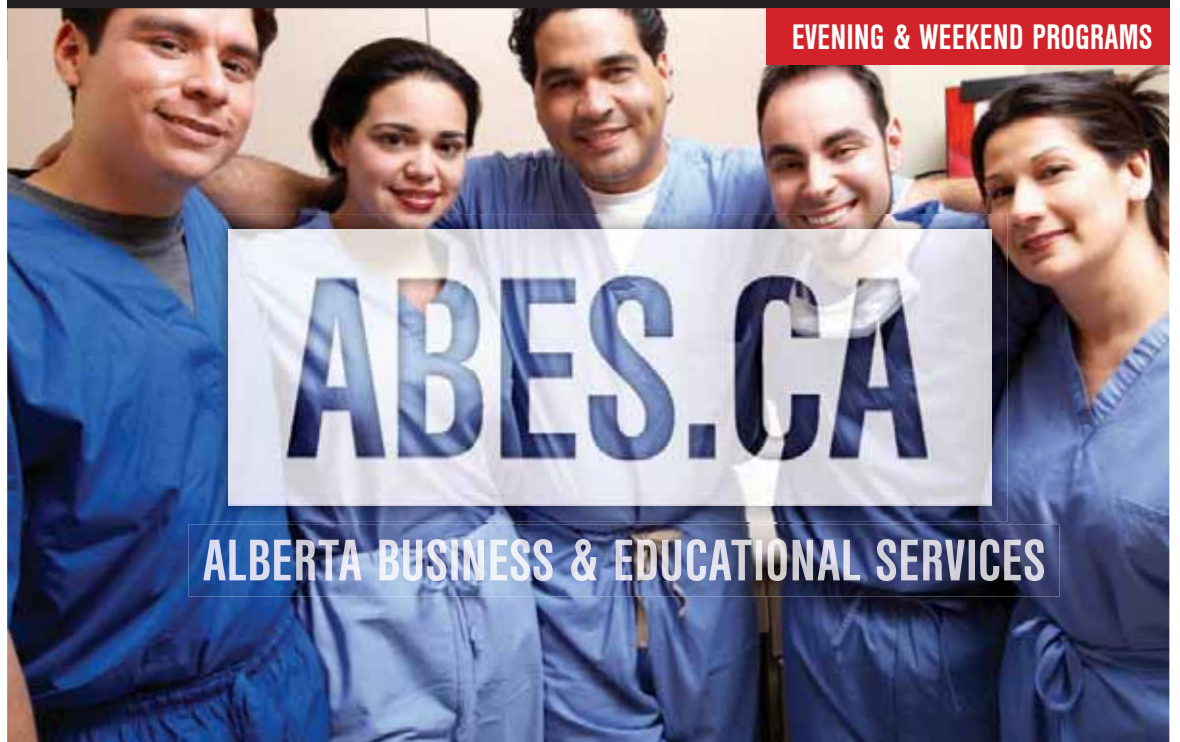
"We know what Katherine and Sheila were like. ... These were wonderful, wonderful, naive, young children," said John McCarthy, state's attorney for Montgomery County, Md.

McCarthy and Randy Krantz, the commonwealth's attorney for Bedford County, said authorities believe the girls were slain in Virginia, although they did not detail the evidence that led to that conclusion. THE ASSOCIATED PRESS

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Chancellor under fire

GERMANY

Refugee girl cries when told why she might be deported

Angela Merkel came under criticism Thursday for her awkward treatment of a young refugee brought to tears by the German chancellor's comments on asylum.

A video of the encounter Wednesday afternoon at a community event in Rostock showed the Palestinian teenager telling Merkel that her family had been waiting four years to get permanent leave to remain in Germany.

"It's really unpleasant to watch others enjoy their life and not be able to enjoy it one-

self," the girl told Merkel, saying she wanted to go to university.

In response, Merkel told her "sometimes politics is hard" and Germany can't accommodate everybody who wants to come. Since the teen's family had previously lived in Lebanon, a country Germany considers safe for refugees, their chances of being allowed to stay aren't certain.

As Merkel outlined her government's desire to speed up asylum decisions so all applicants receive a verdict within a year, the teen burst into tears. After a brief hesitation, Merkel walked over to comfort her.

"I know it's a difficult situation, but I still want to give her a pat," the chancellor said.

Merkel's office said the chancellor didn't speak to the girl, identified only as Reem, after the event.

But Merkel's blunt words about swiftly deporting those whose asylum applications are denied drew harsh criticism.

"The mistakes in the government's refugee policies can't be patted away," tweeted Katrin Goering-Eckardt of the opposition Green party.

THE ASSOCIATED PRESS



German Chancellor Angela Merkel comforts a crying Palestinian girl threatened with deportation on Thursday in Rostock, northern Germany, after the leader discussed the challenge of asylum applications. STEFFEN KUGLER/AFP, GETTY IMAGES

IN BRIEF

No trial for mom who let daughter sip margarita

A woman accused of allowing her 2-year-old daughter to sip her margarita at a restaurant has avoided trial and possible deportation to Haiti.

The charges against Sheldy Newlson, 42, will be dismissed if she takes a parenting class, passes random alcohol tests and complies with orders from child welfare officials.

THE ASSOCIATED PRESS

Man unharmed after train runs over him

Police say a man escaped injury after being run over by a freight train while sleeping in the middle of railroad tracks in the state of New York.

Police say a freight train more than a mile (1.6 kilometres) long approached the drunk and unconscious 38-year-old Aaron Collins around 10:30 p.m. in upstate New York. The conductor spotted him on the tracks and stopped the train, but not before the first two engines passed over him.

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Hungary's border fence set to be done by winter

SERBIAN BORDER

Prisoners put to work on a barrier to keep out migrants

Using materials prepared by inmates in Hungarian prisons, 900 soldiers will build a fence along Hungary's border with Serbia by December to stem the torrent of migrants, officials said Thursday — a project critics are comparing to Communist-era barriers like the Berlin Wall.

Hungary says it has a duty to protect itself and the rest of the 28-nation European Union from the unprecedented number of people — often more than 1,000 a day — arriving on foot through routes across the Balkans.

Work on the four-metre-high fence will take place at 10-12 locations simultaneously along the 175-kilometre border, Defence Minister Csaba Hende said Thursday near the south-



Hungarian soldiers place barbed wire near Morahalom, Hungary, on Thursday. DARKO VOJNOVIC/THE ASSOCIATED PRESS

ern town of Morahalom, where a sample section of the fence is being built to experiment with building materials and techniques.

"The Hungarian defence force is ready to complete this task," he declared as soldiers wrestled

with barbed wire and metal posts.

Interior Minister Sandor Pinter said the fence is the only immediate solution Hungary could find to stop the flow of migrants — which stands at 81,300 already this year. Inmates

in Hungarian prisons are already assembling the basic elements of the fence, and workers in a government job scheme could help if needed, he said.

Serbian President Tomislav Nikolic on Thursday called the move to build the fence an "unfortunate decision" by Hungary. Others from Serbia, a candidate for EU membership, have been more emphatic.

"We are absolutely and fiercely against their decision to build a fence," Serbian Foreign Minister Ivica Dacic said last month. "I thought the Berlin Wall has fallen, but now new walls are being constructed."

While the EU acknowledges Hungary's right to apply its own border-management system, Dimitris Avramopoulos, the EU commissioner for migration, says unilateral steps like the fence are not the answer.

"(The fence) will only shift the problem to the next neighbouring country; it will not solve it," Avramopoulos said.

THE ASSOCIATED PRESS

MIDDLE EAST

Iraq's high heat tests fasting and fighting

Iraqi policeman Ziad Radi is no stranger to hot weather, but his sun-blasted face is testament that even for seasoned Iraqis, the weather on Thursday was almost too hot to bear.

Radi spends eight hours a day patrolling Baghdad's Karradah neighbourhood — braving temperatures that on Thursday soared above 51 degrees Celsius. Add to the mix the month of Ramadan, when he and many Muslims fast from sunrise to sunset, and you have a recipe for problems.

"Heat or no heat, this is my responsibility," he said, taking shelter during a lighter wave of traffic in Baghdad's iconic Firdous Square. "Normally, I drink a lot of water but, thank God, I am fasting now, so I just have to try to keep going."

The government declared Thursday an official holiday due to scorching temperatures. Health authorities warned people not to expose themselves to the sun, with hospitals already receiving an overwhelming number of

heat-related cases.

The heat adds an extra burden for the thousands of soldiers and government-affiliated militiamen combatting ISIL militants, and also for the estimated 3 million people in Iraq displaced from their homes by the fight against ISIL.

With Eid al-Fitr, commemorating the end of Ramadan, a day away, the day off meant a jump-start on the holiday weekend. But few are celebrating the extra day off, with rampant power and

water cuts making it unbearable indoors as well.

For Hussein Hazim and his school friends, that means cooling off in the Tigris River.

Zena Abbas said she would normally sleep in but the holidays are too busy to

lounge at home. With relatives coming to spend Eid with her, she had to make several trips to the grocery store on foot to stock up on food.

"What can we do? Life cannot stop for the heat," she said.

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8

Many Iraqis, including those in the capital, can receive as few as 8 hours of power per day.

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Greek banks to reopen

ECONOMY

Rescue lenders pledge cash after austerity vote in Athens

Greece on Thursday won vital pledges of support from bailout lenders needed to keep its economy from collapsing, but officials in Athens said the painful austerity measures demanded in return were likely to force an election within months.

Hours after parliament approved the tough new cuts, the government promised to reopen banks on Monday and gradually restore services — helped by higher cash support from the European Central Bank.

The ECB announced it was increasing emergency credit to Greek banks, adding another 900 million euros in support over one week. And eurozone lenders pledged short-term loans so Greece can cover its debts and negotiations for a new three-year bailout worth 85 billion euros.

The news buoyed world markets and came as a relief in



A bank employee distributes tags with queue positions to pensioners as they wait outside the national bank of Greece to withdraw a maximum of 120 euros on Thursday.

EMILIO MORENATTI/THE ASSOCIATED PRESS

Greece, where banks and the stock market have been closed for nearly three weeks.

Officials in Prime Minister Alexis Tsipras' government, however, were still reeling from the post-midnight vote in parliament that saw one in four lawmakers from the ruling Syriza party vote



Risk remains elevated given Greece's weak institutions.

Moody credit rating agency

against the raft of tax increases, pension cuts and other economic reforms.

Interior Minister Nikos Voutsis said an early election was now seen as "very likely" — either in September or October.

With another austerity vote planned next week, Voutsis cau-

tioned the level of dissent shown Thursday had fallen just short of toppling Tsipras' six-month-old government, which was elected on a pledge to free Greece from debilitating austerity.

In Berlin, Finance Minister Wolfgang Schäuble insisted that growing calls to axe a portion of Greece's 320 billion euro debt mountain would not be accepted and again raised the idea of a managed Greek exit from the euro.

"No one knows at the moment how it's supposed to work without a debt cut, and everyone knows that a debt cut is incompatible with membership in the currency union," Schäuble told Deutschlandfunk radio.

However, the head of eurozone finance ministers, Jeroen Dijsselbloem, shot down talk of a Greek euro exit. "If you reach an agreement after such long and hard talks, you have to stand behind it, and that goes for all sides," he said.

Meanwhile, the Moody's credit rating agency said the Greek vote meant the country had dodged imminent danger, but that it still faced risks.

THE ASSOCIATED PRESS

REFORM

Obama visits prison

Barack Obama got a first-hand look at the U.S. criminal justice system Thursday, becoming the first sitting president to set foot inside a federal prison and meet with incarcerated men there.

Obama's visit to a medium-security prison for male offenders in the state of Oklahoma was part of his push for an alternative to the continued lengthy incarceration of people convicted of crimes he believes did not fit the punishment. Obama has called for shortening the prison sentences of non-violent drug offenders as well as for advocating the reduction, or outright elimination, of severe mandatory minimum sentences.

In a recent speech Obama said that overly harsh prison sentences, particularly for nonviolent drug crimes, are to blame for doubling the prison population in the past two decades. Half a million people were behind bars in 1980, a figure that has since quadrupled to its current total of more than 2.2 million inmates, the highest rate of incarceration in the world.

After peering into a sterile prison cell at the El Reno Federal Correctional Institution, Obama said the U.S. needs to reconsider the way crime is controlled and prisoners are rehabilitated.

Obama, who has vowed to make criminal justice reform a centerpiece of his closing months in office, said he also felt a kinship with some of the young inmates.

"When they describe their youth and their childhood, these are young people who made mistakes that aren't that different than the mistakes I made," Obama said.

The U.S. president said there must be a distinction between young people "doing stupid things" and violent criminals. Young people who make mistakes, he said, could be thriving if they had access to resources and support structures "that would allow them to survive those mistakes."

Obama has also called for restoring voting rights to felons who have served their sentences, and said employers should "ban the box" that asks job applicants about their criminal histories.

Obama has expressed hope that Congress will send him legislation to address the issue before he leaves office in 18 months, given the level of interest in the issue among Republican lawmakers and presidential candidates.

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FORMER U.S. PRESIDENT

Bush 'in great spirits' after fracturing bone

Former U.S. President George H.W. Bush fractured a bone in his neck when he took a tumble at his oceanside summer home, but he suffered no neurological impairment and the injury will be allowed to heal on its own, which is expected to take three to four months, officials said Thursday.

Bush, at 91 the oldest living former president, remained hospitalized in fair condition a day after he fell at his home in Kennebunkport.

The fracture to his C2 vertebra, the second one below the skull, didn't impinge on his spine and didn't lead to any neurological deficits, spokesman Jim McGrath said. The 41st president never lost consciousness and was being fitted with a brace to immobilize his neck, McGrath said.

Dr. William D'Angelo, a neurosurgeon who is treating Bush at Maine Medical Center, said the former president was lucky the fracture wasn't more serious.

"He's in great spirits," D'Angelo said outside the hospital. "He's with family. As his wife said, it takes a lot more than this to knock his spirits down. He was shot down over the Pacific in World War II. She said this is a small bump in the road."

Bush is being treated at the



George H.W. Bush. GETTY IMAGES

state's largest medical facility, where a children's hospital is named for his wife. The family declined to say how he fell.

A hospital spokesman said it was premature to speculate about when Bush will be released, but McGrath suggested it won't be a lengthy stay.

D'Angelo said the injury is common among seniors who fall and can be painful. He said a patient in his 90s would generally take three or four months to heal.

"It's a significant injury, but right now the president is in excellent shape, and we anticipate he'll make a full recovery," the doctor said.

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A visitor to the Bradbury Science Museum in Los Alamos, N.M., examines a replica of "the gadget," the atomic bomb tested on July 16, 1945. RUSSELL CONTRERAS/THE ASSOCIATED PRESS

Nuke effects still linger

ATOMIC BOMB

Unknown blast in the desert in 1945 left many with cancer

An unknown blast shook the desolate desert in the state of New Mexico on July 16, 1945, unsettling the village of Tularosa.

Most residents lacked phones and radios, so they relaxed when Army officials said it was just an ammunition explosion — despite the raining ash. Later, many villagers developed cancer.

Thursday marked the 70th anniversary of the Trinity Test, the first nuclear test that took place as part of the Manhattan

Project, the secretive Second World War program that provided enriched uranium for the atomic bomb.

While New Mexico holds commemorative events, Tularosa residents press for acknowledgement and compensation from the U.S. government.

Tina Cordova, a former Tularosa resident and the co-founder of the Tularosa Basin Downwinders, an advocacy group, said the aftermath caused rare forms of cancer for many of the 30,000 people living in the area. Residents weren't told about the dangers of the test site and often picnicked there and took artifacts, she said.

Researchers from the National Cancer Institute are studying past and present cancer cases in New Mexico that might be related to the test.

"It's not about anti-nuclear protests," said Cordova, a cancer survivor. "We want recognition from the U.S. government that they did this to us, that they came here and did this test. And that they walked away and left us for 70 years to deal with it on our own."

The U.S. Department of Justice did not immediately respond to a request for comment.

During the Manhattan Project, scientists at the then-secret city of Los Alamos worked to develop the weapon that was dropped on the Japanese cities of Hiroshima and Nagasaki.

Retired physicist Duane Hughes, who gives tours at the National Museum of Nuclear Science & History in Albuquerque, New Mexico, said the history of the Trinity Test is important because it helped end the war and set the stage for a Cold War arms race.

"I don't know if anyone thought it was a failure," said Hughes.

"It really changed the history of the world."

THE ASSOCIATED PRESS

NUCLEAR PACT

White House seeks backing for Iran deal

At home and abroad, the White House courted support for a landmark nuclear deal with Iran on Thursday as congressional leaders in both parties pointed toward a politically charged showdown this fall over Republican attempts to scuttle the agreement.

"It blows my mind that the administration would agree to lift the arms and missile bans and sanctions," said the Republican leader of the House,

Speaker John Boehner, referring to some of the provisions in the complex accord.

He said the Republican-controlled Congress would likely soon be on track to pass legislation denying President Barack Obama the ability to lift numerous financial and other restrictions Iran currently faces.

House Democratic leader Nancy Pelosi became the first prominent Democrat in Congress to back the deal, saying

she is "very optimistic about our ability to support the president."

Obama has pledged to veto any bill rejecting the agreement. Neither Pelosi nor Boehner ventured a prediction on the final outcome.

The manoeuvring in Congress unfolded as Secretary of State John Kerry met with Saudi Foreign Minister Adel Al-Jubeir, coming away without an immediate endorsement

for the deal.

"We hope that the Iranians will use this deal in order to improve the economic situation in Iran and to improve the lot of the Iranian people and not use it for adventures in the region," the Saudi diplomat said. His country is Iran's main rival in the Middle East, and Kerry promised to respond if Tehran supports terrorism against its neighbours.

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70 Years

Thursday marked 70 years since the Trinity Test, the first nuclear experiment in the secretive World War II Manhattan Project.

Project, the secretive Second World War program that provided enriched uranium for the atomic bomb.

While New Mexico holds commemorative events, Tularosa residents press for acknowledgement and compensation from the U.S. government.

Tina Cordova, a former Tularosa

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Business metronews

Striking a balance

HEALTH
Poll says 40% of Canadians will work on their vacations

It appears a majority of working Canadians don't mind handling work-related matters on their own time — except during vacations, according to an online survey published Thursday.

The Randstad human-resources advisory firm says 59 per cent of the adult Canadian employees surveyed in April and May said they didn't mind some work outside of work time.

That number dropped to 40 per cent when it came to vacations, although Randstad says there was a big difference between the sexes — with men much more likely than women to say they choose to do work during their holidays.

It says 60 per cent of the

men surveyed said they felt pressured by a boss to be available by email or phone while on vacation, compared with 45 per cent of the women surveyed.

Randstad Canada's Faith Tull says employers have a responsibility to help employees strike the right balance, which she says is essential to keeping them motivated and to avoid exhaustion.

"We need to encourage them to disconnect completely from time to time, and be careful as managers not to blur the lines between home and work," Tull says.

Randstad says its survey is conducted four times a year in 33 countries, with at least 400 interviews per country it covers. Respondents are aged 18 to 65 and work at least 24 hours per week in a paid job.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error. THE CANADIAN PRESS



E-COMMERCE AMAZON TURNS 20 Amazon CEO Jeff Bezos, along with his stuffed Pikachu Pokémon doll, discussing the company's expansion at a New York news conference in 1999. The company, which launched July 16, 1995, began as an online bookseller. But as it celebrates its 20th anniversary, the company has evolved into an e-commerce powerhouse, making \$89 million in annual revenue. RICHARD DREW/THE ASSOCIATED PRESS

ONLINE SHOPPING

PayPal, eBay forecast the journey ahead

Once eBay and PayPal split up today, they'll face different challenges than they did as a combined company.

E-commerce company eBay first said in September 2014 it would split off its payments unit PayPal in order to focus on growing their profits individually.

As separate units, eBay faces stiff competition from Amazon and other online retailers that have gained market share from traditional brick-and-mortar stores.

On the other hand, online payment system PayPal, which had long been eBay's fastest-growing segment, will have to compete with mobile wallets like Apple, Android Pay and other online payment offerings.

In a call after the two units posted quarterly profits that topped Wall Street's expectations, PayPal President Dan Schulman and eBay President Devin Wenig each outlined their plans following the split:

eBay

EBay now is focusing on reinvigorating its marketplace business, which includes the e-commerce arm of eBay. It stum-

bled last year when it had to deal with a change in Google's algorithms that made eBay products come up in search results less often.

Wenig said the company is asking sellers to include more detailed descriptions in their product listings to help improve search results. Wenig said the company is also focusing on gaining traffic through social media. "Our absolute priority is to improve our competitiveness and drive more stable profitable growth over the long term," Wenig said.

PayPal

PayPal's goal going forward is to get more merchants to accept its payments in stores. It also wants PayPal users to pay with the service two or three times a week rather than two or three times a month. PayPal also plans to grow internationally via its acquisition of Xoom.

"We believe our technology platform, global reach can move PayPal from being an occasional transaction to being an integral part of consumers' financial lives," Schulman said.

THE ASSOCIATED PRESS

IN BRIEF

Court rules against Bell; company loses bid to have 911 decision overturned

Bell Mobility Inc. has lost another bid to overturn a ruling that held it liable for charging customers in the northern territories a 911 fee without actually offering the emergency-call service. In most of the territories there is no 911 service, but for several years, monthly bills carried a 75-cent charge. A trial judge ruled Bell Mobility breached its contractual obligations, and an appeal court decision was upheld.

THE CANADIAN PRESS

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TRANSPORTATION

Business travellers favour Uber: Survey

Taxis are losing business travellers to ride-hailing services like Uber, a survey shows.

In the three months ending in June, Uber overtook taxis as the most expensed form of ground transportation, according to expense-management system provider Certify.

Uber accounted for 55 per cent of ground transportation receipts, compared with taxis at 43 per cent.

That's a big jump from just the beginning of the year. In the first quarter, Uber Technologies had 46 per cent of receipts tracked by Certify, compared with 53 per cent for taxis.

"Established travel providers will need to adapt quickly or face further market share erosion to the sharing economy," Certify CEO Robert Neveu said

in a statement.

Certify based its finding on the 28 million trip receipts its North American clients submit each year. It does not include receipts from business travellers whose companies use other services to track expenses.

Uber connects travellers with various cars through its smartphone app. Some drivers work for car service compan-

ies; others spend a few hours driving their personal cars on the side for some extra money.

Business travellers might be quickly moving toward Uber, but employers still have reservations about safety and liability. Depending on the city, Uber drivers aren't necessarily regulated by government taxi licensing authorities.

Uber's pricing compared with traditional cabs can vary. Its UberX service, often drivers in Toyota Camrys or Honda Civics, is typically cheaper, but its high-end black cars and SUVs cost a premium. During peak hours, Uber charges a "surge" premium that can add anywhere from 20 per cent on to the cost to doubling or tripling it. During really busy periods the surge can be even more.

In a few cities, Uber beat

55%

In the three month period ending in June, business travellers used Uber for 55 per cent of their trips according to receipts collected by Certify. Taxis services accounted for only 43 per cent.

out taxis by a wide margin for business travellers. In its hometown of San Francisco, 79 per cent of rides expensed through Certify during the second quarter were for Uber. In Dallas, 60 per cent were for Uber, and 54 per cent in Los Angeles. Certify noted that it saw rental-car transactions drop at the same time.

THE ASSOCIATED PRESS

NOTICE OF HEARING FOR Temporary Guardianship Order To Billy Crowshoe

Take notice that on the 29th day of July 2015 at 2:00 p.m., at Calgary Family Court, Courtroom #1205, 601 - 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order** of your children born on **January 22, 2008** and **January 15, 2011**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink

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PALM TAROT ENERGY READINGS

BY APPOINTMENT ONLY

The Journal Science praised B.C.'s efforts to track and treat HIV/AIDS but said the province should try preventative drugs for those at risk.

THE KOHLER REPORT: ON ARMPIT HAIR AND DOUBLE STANDARDS



What upsets me most about my uneasiness with pit fuzz is that I wasn't just being fastidious, I was being sexist.

stocks and I have never once paid money to have any of my body hair removed from ... my body. (Okay, that's not true; I once paid to have my eyebrows threaded, which resulted in me looking frightened for two weeks.)

My point is, aside from some highlights, a mild-to-serious mascara addiction and a penchant for the Venus razor, I'm pretty low maintenance. Live and let live, grow and let grow! So why, upon seeing a few ladies in my neighborhood sporting underarm-growth, have I been, for lack of a better term, grossed out?

What upsets me most about my uneasiness with pit fuzz is that I realize now I wasn't just being fastidious, I was being sexist.

A few weeks ago, I was talking to some friends about a woman who works at my local coffee shop. She often wears

tank tops and has hairy pits. I said to my friends, "I mean, I don't care if you grow out your pits, but like, if you work in a restaurant, wear sleeves." One of my friends suggested I only felt that way because it was a woman. I protested that NO, I'd think it was gross either way.

You can imagine my horror when my friend pointed out that for the past two hours we'd been attended by a male server, with hairy armpits, wearing a tank top. The only thought I'd had about him was that he kind of resembled a turtle. I had indeed *not* noticed his pit hair.

Side note: my sexism aside, if you work in a bar/restaurant/coffee shop, man or woman, and you haven't mowed recently, wear sleeves! Or at least little underarm hairnets. ("I ordered cherry pie, not hairy pie!")

I'm not going to beat myself up too much. A quick Google search will teach you that women started shaving their armpits around 1915, when sleeveless dresses were introduced. I grew up in a world where most women (at least in North America) shave(d) their armpits. So, while the "me" I know doesn't think women should feel the need to shave, it doesn't mean the sight of hairy pits won't be jarring at first. (The first time I saw skinny jeans, I threw up in my mouth. Now a boot cut makes my skin crawl.)

If women are in the process of knocking an unnecessary chore off our socially constructed to-do list, then I say go for it. I don't know if I'll jump on board right away (I have a giant box of razors I got at Costco, so ...), but I will definitely make an effort to get to the point where, upon seeing a bushy pit, I'll be saying things like, "You go, girl!" And eventually — as I did with Mr. Turtle — I won't even notice.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

metroview

How I satisfied my spiritual hunger with urban foraging



Mila Petkovic
Metro | Toronto

The wilderness of Toronto's High Park is my habitat, and this eager urbanite is on the hunt. With one swift flick of my pocket knife, I cut the red flower cluster of a stag-horn sumac away from the branch and tuck it into my bag. "I must look strange," I chuckle to myself. Next stop: the mulberry tree.

What am I doing? Why, an action as old as time. Only now it has a 21st-century pet name: urban foraging.

Our built environment abounds with wild edibles. It has certainly changed the way I look at weeds and walk through the world. City parks, ravines, lawns and gardens hold the key to some of my favourite treats: blackberries, mint, lavender and even morel mushrooms at the right time of year. The sumac I harvested can be made into a tasty lemonade-like drink chock-full of vitamin C.

It all started when I decided to leave my full-time office job to pursue a freelance career. One side effect of this decision (besides financial uncertainty) is more time to do the things I love, including reconnecting with the life force that fuels my everyday existence: food.

Our industrialized food system delivers us goods in boxes from around the world. Many of us don't know what the sources of our foods look like (cashew

trees anyone?) or whether they were sustainably grown. Food is literally medicine, but the grind of fast-paced modern life has many of us crunched for time and turning to microwave dinners containing unpronounceable ingredients for relief. Our natural connection to the ecosystems that sustain us is being destroyed, and we are left out of touch, disempowered and even sick.

Foraging, gardening, hitting up the farmers' market and even the simple act of preparing our own meals is a challenge to this paradigm, and consciousness is shifting. Urban agriculture projects and grassroots initiatives like Not Far From the Tree (a Toronto group that pairs up volunteer pickers with landowners and splits the harvest with food banks) are taking root. Organic, local and free range are the hot items in the food world now, though not everyone can afford them.

Perhaps it is a profound need to reconnect with the earth that drives me to forage. Maybe it's the sheer joy of discovering a ripe fruit or the tactile satisfaction of plucking it directly from the vine. Or better yet, the sense of community created by sharing a jar of homemade jam. It's true what they say: some of the best things in life are free.

Where's the line between art and porn? Visit metronews.ca to answer our poll and have your say.

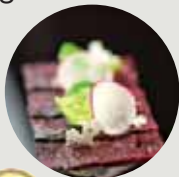
Happy face/Sad face

From **medical mishaps** to **culinary country foods**, Metro weighs in on the news making headlines this week



Baby boy who?

Parents-to-be who can't make up their minds often end up with their offspring temporarily named "baby boy Bartkowicz" or "baby girl Smith" during their hospital stay. That's a problem, says a study in the journal Pediatrics. Generic names increase the risk of mixing up pint-sized patients. Retract-and-reorders — an indication of medical error — decreased 36 per cent when distinctive names were used. All the more reason to get your child's name ready well in advance. SOURCE: NPR



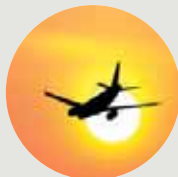
The Gwich'in gourmet

In a homecoming of sorts, Rich Francis, a renowned Northwest Territories-raised, Ontario-based chef from the Gwich'in First Nation, just finished a one-week residency in Iqaluit. He cooked a high-class meal with local ingredients (called country foods) to raise money for kids in need. His Northern delights included crispy Arctic char, maktaaq (whale blubber), red berries and Labrador tea. More than \$6,000 was raised for a free breakfast program in Iqaluit schools. SOURCE: NUNATSIQ ONLINE



Pay it forward (70 years)

A 95-year-old Jewish man who was rescued from Nazi-occupied Austria when he was a child is helping Syrian Christians escape the clutches of ISIL. Lord George Weidenfeld says he wants to repay his debt because Quakers and Irish evangelicals helped him escape to Britain in 1938. Weidenfeld paid for 150 Syrians from areas under attack by the terror group to be flown by private jet to safety in Poland. He hopes to help 2,000 in all. SOURCE: THE INDEPENDENT



Lights out for solar plane

The Swiss team trying to fly a fully solar-powered plane around the world is grounded for the rest of the year. Their Solar Impulse aircraft's batteries were damaged on the last leg of the journey from Japan to Hawaii, where the plane will likely stay until April 2016. Then, if all goes well, it will cross the Atlantic and head back to Abu Dhabi, UAE, where the circumnavigation began in March. The first 7,200 km of the whirlwind world tour was completed in just 118 hours. SOURCE: BBC

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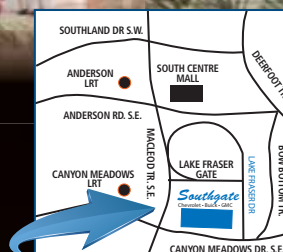
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Amy Schumer, who co-wrote and stars in the film, cast friends and fellow comedians (including Bill Hader, pictured) to star alongside her in *Trainwreck*. HANDOUT

Amy Schumer's got the ticket

TRAINWRECK

Schumer creates great roles for great comedians

IN FOCUS

Richard Crouse



In *Trainwreck*, a new comedy directed by Judd Apatow, Amy Schumer plays a promiscuous New Yorker who finds love.

It's a side-splitting movie that will be Schumer's big-screen breakout, but the film is also populated by a very

funny supporting cast, many of whom are Schumer's Manhattan comedy peers.

"I got to give my friends work," Schumer, who also wrote the script, says, "and they did great in it."

Colin Quinn and Dave Attell are two standups and friends who make big impressions in the film.

"I consider Colin to be like, in vampire terms, the maker," says Attell.

Quinn, a legendary comedian and former SNL Weekend Update anchor, co-stars as Amy's father, a cranky old man with an attitude and a possible drug problem.

"With actors, it's not about the lines, it's about the behaviour," says Quinn. "With

us, it's just about the words. We love it, so if you come up with something funny and it's quiet behind the camera and they yell 'Cut' and everybody starts laughing, that's the best.

"In so many things it's not about the words, but in stand-up, it's all about the words, the order of the words. I feel more than any other art form, the audience matters so much. You have this contentious relationship with them, but they are so much a part of it. I feel like musicians get together and they jam with one each other. We need the crowd to jam. To rehearse."

Attell is a club veteran, best known for his TV show *Insomniac* with Dave Attell and dark-edged lines like, "You

know, men and women are a lot alike in certain situations. Like when they're both on fire — they're exactly alike."

In the movie, he plays a homeless man who talks to Amy everyday.

"This is the character, of the four characters that I've ever played in movies, that is most like me," he says. "That's me in five years. That's me after the last season of *Last Comic Standing*, physically and emotionally."

"I've been in like, three other movies, and this movie was the most fun. You show up and they want you to riff around and you go for the jokes and you keep going until you feel you got it. I love that, especially for people who

MOVIE RATINGS by Richard Crouse

Ant-Man ★★★★★
Trainwreck ★★★★★
Mr. Holmes ★★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★★
★ SKIP IT

that hostile audiences fuel them creatively.

"When it's not going well, you still have to do the job and that's what makes it a job," says Attell. "That's also often when you come up with the most enlightening stuff, in the tough crowd moment."

Quinn may prefer live venues but according to Jimmy Fallon he may have more movie work coming his way. The *Tonight Show* host predicts an Oscar nomination for the comic's work in the film.

"Why not?" Quinn deadpans. "I wasn't expecting one but an Academy Award would not affect me now, because after I didn't get nominated for *Grown Ups 2* I feel like it's a rigged game."




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T.I. in a Marvel to behold

PASSIONATE ARTIST

The actor and rapper works hard at both of his careers



Ned Ehrbar
Metro | Life

How many films does a guy have to do before people stop thinking of him as “just a rapper”? Atlanta native T.I., who got his start in music, has been doing just fine in front of the camera since making his screen debut 10 years ago in *ATL*. But sometimes some people still need to be reminded of that. Maybe with his latest, Marvel’s *Ant-Man*, he won’t have to anymore.

Were you much of a comic fan in general before this project?

I had a fling. I kind of collected a lot of X-Men and Wolverine comics in the early '90s. I lost them, I lost the whole collection — like 35



Versatile performer T.I. loved working with Paul Rudd in Marvel’s *Ant-Man*. CONTRIBUTED

books — and I was deflated. I just couldn’t start over again. I just couldn’t.

Before you got involved with this, how much had you heard about *Ant-Man*?

Not much. He isn’t the best-

known of the Marvel team, but that’s great because now we can introduce him to the world — and get credit for it.

What was the first thing you thought when they explained him to you?

This script better be good (laughs).

The movie is actually very funny.

Sure. I mean, it’s hard not to be with Paul. I don’t think it was even written in the script

to be as funny as it is. I think that the onscreen chemistry and the environment that was set kind of contributed to the amount of laughs that it gets.

It’s been a decade since *ATL*, and you do plenty of acting. But do you still find yourself having to remind people that you’re not just a rapper?

I commit myself to just about anything that I do and give a thousand per cent. I don’t just fly by the seat of my pants doing stuff half-heartedly. And I think just reminding people that I’m a very passionate artist and performer in any genre, in any area — I mean, it’s a pain in the ass, but from time to time you kind of have to.

So do you get any time to relax?

No, no. Heavens no. I have an album that I’m releasing, this film, still working on a script for *ATL 2*, trying to balance all of these things. These six children I got, they won’t necessarily let me rest. If they would just stop growing and eating so much ...

DIRECTOR Q&A

Peyton Reed on the magic of comic-book storytelling

“If you had told the 10-year-old me that I would be doing what I’m doing now, my head would have exploded,” says Peyton Reed, director of the latest Marvel superhero movie *Ant-Man*.

The director, best known for making comedies like *Yes Man* and *The Break Up*, says he grew up obsessed with comics and movies.

Marvel comics played a major part in his comic book consumption.

“The thing I loved about Marvel was Stan Lee’s storytelling techniques and his editorial attitude. Those Marvel comics had a clear sensibility. They were really of the moment and had this attitude that was equal parts cocky and self-effacing.

“I loved it. They created these heroes who all had real world problems. Spider-Man was Spider-Man, but he could never get the girl in high school and he had to figure out how to make enough money to pay his rent.”

RICHARD CROUSE/FOR METRO

FEMALE SUPERHERO

Evangeline Lily hopes to make a mountain out of *Ant-Man*

Evangeline Lily has come a long way from nearly walking away from acting completely following her *Lost* experiences. “I think I made it quite publicly known that I wasn’t sure if I had a future as an actress, if I wanted to pursue it beyond the show,” she says. But she’s made her peace with Hollywood — which is good, because her *Ant-Man* role may keep her busy for a while.

With all the talk about strong female characters and the need for female superheroes,

do you feel like you get to be the future of that?

I would love to be. If Marvel presented me a platform that I could get up on and do that, that would be a very immense honour for me. I think it’s fairly publicly known that I like to represent strong females and that it’s important to me what I put out on the screen.

Have they talked to you at all about the future of the character and when she might show up again?

No, actually, they haven’t. I’m still waiting to find out. There is this running joke within the company that all the Marvel women are always pregnant. Scarlett Johansson, Cobie Smulders, Zoe Saldana. Well, they all suddenly have job security. We’re all suddenly in these multi-picture deals and we know there’s another gig coming so we don’t necessarily need to go out and look. I’m assuming and hoping that I’m going to get a call from Marvel sometime saying, “The

movie was a hit, we want to make a sequel.”

So the secret to being a successful working mother is having a deal with Marvel?

Exactly! That’s all you need, and then you can sit back and relax.

So until that call comes in?

I’m working on an adult novel series — or I’m trying to. We’ll see if I accomplish that mission or not. I’m also working on the second *Squickerwonk-*

ers book, which is the sequel to the children’s story book I published last year, and that’s my big focus right now.

How do you view your acting versus your writing?

I think of this as my main

gig, as in I’m a breadwinner for my family and this is what brings home the bacon. But as far as where I really spend my time and passion, I’ve been doing about a film every two or three years since *Lost* ended, and between that all that time is being spent working on my writing.

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Evangeline Lily CONTRIBUTED



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The old man and the bees



Ian McKellen is shown in a scene from *Mr. Holmes*. The film reunites the actor with Bill Condon, who directed him in 1998's *Gods and Monsters*. EONE FILMS/THE CANADIAN PRESS HANDOUT

MR. HOLMES

Ian McKellen had to face fear for new take on iconic sleuth

Ian McKellen admits he had more than a few qualms about working with the tiny co-stars of his latest film, *Mr. Holmes* — a colony of honey bees.

The veteran actor says he initially balked at sharing the screen with the buzzing insects when he learned his character was an avid apiarist.

"It was the one thing I was tentative about and said — that I am not going to work with bees," says McKellen during a phone interview from London

earlier this year, recalling a conversation with director Bill Condon.

"I thought there would be a way around it but Bill said, 'No. You have got to open that hive, pick up that frame, have a look at those bees and we'll film it.' So we did and I wasn't hurt, nor were any of the bees."

The bees are a little-known element of the legendary Sherlock Holmes story, which picks up here after the 93-year-old detective has retired from sleuthing to relax at his remote seaside cottage and care for his honey bees.

The year is 1947 and Holmes finds himself grappling with creaking bones, a failing memory and lingering unease over the unsolved case that forced him into retirement.

His only company is a short-tempered housekeeper, played by Laura Linney, and her young son, Roger, played by Milo Parker.

The boy can't hide his fascination with the famous detective

FROM PAGE TO SCREEN

Mr. Holmes is based on the 2005 novel *A Slight Trick of the Mind* by Mitch Cullin, and reimagines Sherlock as a real person whose cases were turned into bestselling novels by his friend and partner Dr. John Watson.

and is soon drawn into the aging man's quest to solve a final mystery.

The 76-year-old McKellen needed a fair bit of makeup to appear 93, but says faking those imagined aches and pains was easy. It was tougher to portray Holmes at age 60 in flashbacks, when his body was more spry and responsive. But the most challenging age? McKellen's own.

"It's difficult often playing your own age because you're not depending on any disguise — you are what you are and that can be much trickier," says the Lord of the Rings and X-Men star.

The new take on Sir Arthur Conan Doyle's enduring character is just the latest to tackle the legend. Guy Ritchie directed two Sherlock films starring Robert Downey Jr., and two contemporary-set TV series star Benedict Cumberbatch and Jonny Lee Miller.

THE ASSOCIATED PRESS

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Playing old is relatively easy.

Ian McKellen, 76, who portrays Sherlock Holmes from ages 60 to 93

5

WAYS TO LEAVE THE WORLD BEHIND

Suzanne Crocker wanted a lifestyle change, so she did what most would only dare to dream — she went off the grid. For nine months, Crocker and her family moved to the Yukon where they lived without power, running water or Internet. She ended up with a few life lessons and a doc: *All The Time In The World*. We asked Crocker what we could learn by going off the grid.

STEVE GOW/FOR METRO LIFE@METRONEWS.CA

NO SATURATION

Play together, stay together

I learned so many things about my family — that the kids really couldn't get enough time with us (parents). There seemed to be no saturation point (and) I was impressed by how much laughter and creativity returned to our family.

REJUVENATION

Be yourself again

Being well rested and without a head full of distractions, the best parts of my personality shine — my silliness, my sense of humour, my creativity. By comparison, I realized that in my regular, more distracted and sleep-deprived life, those get buried.

KIDS DON'T NEED THE INTERNET

We took our kids away from a household of things meant to entertain them and just gave them the great outdoors and some basics. They had no trouble entertaining themselves; never in nine months did I hear the words 'I'm bored.'



STEVE GOW'S (THEORETICAL) DAY OFF THE GRID

Not everyone can drop it all for nine months and go off the grid. I couldn't even do it for 24 hours. Instead, I spent an average day noting each sacrifice I'd have made without power and the Internet. Here are just a few of my revelations.

I wouldn't need a clock to wake up early. The dog will do that for me. Without power, there'd be no hot coffee. This would be very

tough. To determine the weather, I might have to stare out the window instead of at a TV. My breakfast would be composed of defrosted, cold freezer waffles. I wouldn't be able to watch a viral video of dogs dressed as Minions chasing each other (three times). I get entirely too uptight waiting for elevators. I need to breathe. I should really learn to play Solitaire with actual cards.

OFF THE CLOCK

Time is not on your side

By eliminating the structure of time, we finally felt like we actually had the luxury of time. No longer was I triggered by a clock to tell me when to eat, when to go to bed, when to wake up. Instead we ate when we were hungry, slept when we were tired, awoke when we were rested.

GROUNDEDNESS

Learn what's important

There is this phenomenon that happens when you spend time in nature disconnected from phones and technology — you feel grounded and your priorities seem to naturally fall into place. Spending time with the people you care about the most rises to the top, (and) defining yourself by work and accomplishments moves further down the list of priorities.



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Comedy keeps it real with trans issues

TWO 4 ONE

Actor says accurate portrayal makes film funnier

Steve Gow
For Metro

For Gavin Crawford, winning an ACTRA Award for his performance in the new movie

Two 4 One may be only half as important as the role itself.

"Anything that represents a more realistic depiction of what people's lives are like is a good thing," said the former This Hour Has 22 Minutes star recently. "You want to see yourself represented in the culture and if you don't, it can be a pretty isolating place."

In the comedy, Crawford portrays a transgender person who accidentally becomes pregnant — a character that the 44-year-old actor is proud to say has been welcomed by the trans community for its accuracy and respectful rep-

resentation, while still drawing laughs.

"The more real you can make something, the more funny it is," said Crawford, who admits he grew up without such cultural representation.

"When I was 16 years old and living in southern Alberta, the only gay people you ever saw were the crazy freaks on Oprah so it was really hard to have a conversation with anybody and say that's not really

what it's like."

Portraying a woman who is almost fully transitioned into a man also proved to be a physical challenge for Crawford — who, while gay, admits he certainly isn't "a voice for the trans community." Instead, to fully source the character's attributes, Crawford was pleased to find no shortage of pioneers to study online.

"Thanks to the Internet in this day and age, you can

watch 10 different people documenting (taking) testosterone for five months," admitted the actor. "Sometimes the people I was looking for inspiration were a lot more masculine than I am!"

While Crawford is proud of Two 4 One and the reasoned voice it's providing the marginalized LGBT community, he is still a bit guarded when it comes to the mass media's current embrace of Olympic

champion turned world-famous transgender woman Caitlyn Jenner.

"If it's starting a conversation, I think great," said Crawford of the Keeping Up with the Kardashians reality TV star.

"(Everyone) should be treated with respect and live the way they want to live, but I'm also slightly dubious of anybody who makes their living solely from PR. Is that diplomatic enough?"



Two 4 One stars Gavin Crawford as a transgender man who accidentally becomes pregnant. HANDOUT

22 MINUTES OF FAME

On one-off versus extended roles:

Although Crawford's eight-year tenure at This Hour Has 22 Minutes ended in 2011, the actor still has fond memories of the series that made him a star.

"I miss being able to create many different characters every week and throw them out there," recalled Crawford. "But I also enjoy being able to play one char-

acter for more than one day so it's kind of a trade-off."

On his favorite 22 Minutes character:

"I always liked playing Mark Jackson," said Crawford of his nervous, acne-ridden teen correspondent character. "He comes from such an innocent place that it's always fun to step into that skin because you can kind of get away with anything."

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MOVIE NEWS**Julianne Moore to leave Can You Ever Forgive Me**

Actress Julianne Moore has left director Nicole Holofcener's *Can You Ever Forgive Me*, citing creative differences, according to a report from Variety. Executives have begun the search for a replacement for Moore. The drama, co-starring Chris O'Dowd, was to begin shooting in one week. Moore will soon be appearing in the October drama *Freeheld*, and *The Hunger Games: Mockingjay* — Part 2 in November. AFP

Cody Walker lands his first major film role

Cody Walker, brother of the late Paul Walker (*The Fast and Furious*) has just landed his first significant role in a feature film directed by Mario Van Peebles. The Walker brothers Cody and Caleb stood in for their sibling Paul after his death in a car accident in 2013. Now, it has been announced that Cody has been selected for his first major role in *USS Indianapolis: Men of Courage*, a feature film based on a true story from the Second World War. AFP

THE TV DINNER JESSICA ALLEN

I can commit to the comedy of Amy Schumer who, coincidentally, plays a commitment-phobe in *Trainwreck*. But I couldn't commit to dinner

of making fun of thick-headed ideas — and the people who hold them — has recently been the subject of endless think pieces on whether or not she is a feminist. Some so entirely missed the mark that they read like a Schumer sketch.

More murky is the subject of race: After a writer for the Guardian suggested that Schumer has “a shockingly large blind spot around race,” the comedian first defended herself on social media and then apologized: “I am evolving as an artist,” she tweeted, “I am taking responsibility and hope I haven't hurt anyone.”

Still, more think pieces followed, including one from the Washington Post titled: “Don't believe her defenders. Amy Schumer's jokes are racist.” It was written by a woman who'd read the Guardian piece but had



THE PERSONALITY:
Amy Schumer

THE MEAL:
A little bit of everything

never actually seen any of Schumer's comedy — not one sketch or standup routine.

But Schumer appears to be taking the backlash in good stride: “It's nice to have a break from being

called fat for a while,” she recently told the *New York Times*.

But I worry it'll take a toll: As soon as a comedian worries about offending someone, the joke is on them — or maybe us.

I can commit to the comedy of Schumer who, coincidentally, plays a commitment-phobe in *Trainwreck*. But I couldn't commit to dinner on Sunday night. Fish? Pasta? Pork chops, again? So I prepared what has become a regular standby: Take your favourite foods, some of which have no business being on the same plate, and call it a meal.

That meant grilling haloumi, garlic scapes and slices of baguette on the barbecue, mashing up avocado with Maldon salt and lemon juice, draping prosciutto onto a plate and tossing halved cherry tomatoes in olive oil. When I discovered half a bag of arugula in the fridge just before we ate, I was beside myself because now it was healthy.

But was it dinner? Sure. It was a little bit of everything, for everyone — which is what plenty of people want from Schumer. Only problem is, kowtowing to the masses isn't always funny.

Jessica Allen is the digital correspondent on CTV's *The Social*.

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Twitter ranters no big deal: Apatow

Q&A

The director talks writing and Schumer's humour



Ned Ehrbar
Metro | Life

Judd Apatow teamed up with *Trainwreck* co-writer and star Amy Schumer because of her unique comedic style, but that's been getting her in hot water lately. So where does Apatow stand? He'd say everyone should calm down, if anyone was actually upset.

There's been a lot of talk related to Amy lately about lines of appropriateness, and culture seems to be going in a very outrage-happy direction these days.

I think that people aren't any different now than they've

ever been. It's just that the people who are concerned about such things have easier access to a platform to complain. Comedians should be able to make jokes about everything. As long as your heart's in the right place, you should be able to comment about everything that happens in life.

It does feel like we keep getting these 24-hour bursts of outrage, though.

I don't think anyone is outraged. I think, like, one blogger in his basement is outraged and makes a lot of noise so that they can get noticed, but I don't think people care that much about jokes.

Maybe it's just the illusion of a limited Twitter feed can produce.

I just don't there's a huge outrage about anything. It's just the equivalent of if every single letter to CBS when *All in the Family* aired

was in the paper. It's just that there's a way for those people to get noticed now. But I don't think there's any more of them than there has ever been and there's probably less.

You're also working on a Netflix series.

It's called *Love*, it'll be on next year. I guess you could call it a romantic comedy in slow motion. It's just a very deep exploration of an ordinary couple. It's fun to write things knowing that people are going to consume it quickly. Some people think my movies are long, so it might be better for me to have a five-hour series to work on (laughs).

Does the potential for binge-watching change your approach as a writer?

I'm trying to just enjoy it and learn as I go. We are making it with the thought that people are going to watch it in two or three sittings.



Trainwreck director Judd Apatow with co-writer and star Amy Schumer, right. HANDOUT



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As If explores the making of Clueless

TEEN CULT CLASSIC

Book reveals new details of iconic film

**Emily
Laurence**
Metro

It's been 20 years since *Clueless* hit theatres, but the movie's clothes, slang and fashion still resonate.

To celebrate the anniversary of this iconic teen movie, journalist Jen Chaney rounded up the cast, crew and other crucial *Clueless* players to spill behind-the-scenes details.

All the juicy stories are in her new book *As If* (out June 7), but we couldn't resist spilling a few here.

Reese Witherspoon almost played Cher. And that's not the only surprising casting consideration. Ben Affleck almost got the role of Josh and Dionne's boyfriend Murray was almost played by Dave Chappelle. Was the casting director buggin' or what?

Another shocker who was almost cast: Angelina Jolie. Yep, she too was considered for the role of Cher, but in the end, Alicia Silverstone beat out everyone.

The clothing budget wasn't outlandish. What '90s

girl didn't envy Cher's closet? But costume designer Mona May didn't want the girls to look like runway models; she wanted them to look like mall rats.

Her clothing budget for 63 outfits changes was \$200,000, quite modest for a big blockbuster film. One of the few splurges for the film: the plaid Jean Paul Gaultier

outfit Cher wore for the first day of school.

Alicia Silverstone got to keep that plaid outfit. Actually, she got to keep all her clothes from the movie. But she told *Entertainment Weekly* in 2012 that she actually gave most of the clothes away. She doesn't even have the red Alia dress anymore. It was auctioned off in London in 2000. The auction house doesn't have the exact selling amount, but believe it was sold for between £200 and £400.

Murray's braces were fake. "I did not have braces. I never had braces in my life," actor Donald Faison says in the

Brittany Murphy, left, Alicia Silverstone and Stacey Dash in *Clueless*. HANDOUT

book. "(The braces in the movie) are fake because I had an extra tooth and they wanted to hide that because it kind of looked weird when I smiled. So they put braces on me."

California Pizza Kitchen wasn't on board. Ac-

According to the script, the restaurant scenes were originally going to be shot



there. But when the chain's CEOs read the breadstick-penis jokes, they put the kibosh on it.

Cher's report card has her wrong last name. A close look at Cher's report card says her name is Cher Hamilton, but her teacher Mr. Hall calls her Cher Horowitz in class. The discrepancy is a total mistake due

to the fact that in the script, Cher didn't actually have a last name, so when Mr. Hall, played by Wallace Shawn, was handing out tardy slips, he had to improvise and called her Cher Horowitz. The last name stuck, but the report card prop wasn't switched out.

In real life, Brittany Murphy was the virgin who couldn't drive. One of the biggest burns in the movie is when Tai (Brittany Murphy) calls Cher a "virgin who can't drive," after Cher fails her driving test. But on the *Clueless* Blu-ray release, Murphy says when they filmed it, the dis could be made about her 17-year-old real-life self.

Director Amy Heckerling hasn't completely let go of Brittany Murphy. Murphy's untimely death in 2009 was felt by everyone she worked with in *Clueless*, many of which share their favourite memories of her in *As if*. Heckerling has her own special way of remembering her: "I have Brittany Murphy's silver Doc Martins that she wore to the dance," she says. "They fit me. I just like having a piece of her."

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COMEDY Trainwreck

Director: Judd Apatow
Starring: Amy Schumer, Bill Hader

Since she was a little girl, it's been drilled into Amy's head by her rascal of a dad that monogamy isn't realistic. Now a magazine writer, Amy lives by that credo — enjoying what she feels is an uninhibited life free from boring romantic commitment — but in actuality, she's kind of in a rut.

ROTTEN TOMATOES™ SCORE
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 94% **96%**



DOCUMENTARY Amy

Director: Asif Kapadia
Starring: Yasiin Bey, Mark Ronson

One of the biggest music icons in British history, Amy Winehouse was a pop star with soul, a once-in-two-generational musical talent whose appeal crossed cultural and demographic boundaries. But while her music made her a star, her chaotic personal life stole headlines.

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GoT reigns with 24 Emmy noms

TELEVISION

Nominations recognize diverse talent

The elaborate fantasy saga *Game of Thrones* received a leading 24 Emmy Awards nominations Thursday, its stature apparently untouched by backlash over a female character's rape scene.

The series is a contender again for top drama honours, an award that has eluded it since it debuted in 2011. TV academy voters rarely give shows in the sci-fi or other genres the ultimate accolade, with *Lost* among the rare exceptions.

The TV academy took a modest step toward recognizing TV's increasing embrace of diverse TV talent, giving best actress nods to black stars Taraji P. Henson for *Empire* and Viola Davis for *How to Get Away with Murder*.

"This is what it's supposed to be like. You should recognize actors and creative people in this industry from every level of all colours who do great work," Queen Latifah said.



Emilia Clarke, seen here in *Game of Thrones*, was nominated for an Emmy Award for outstanding supporting actress in a drama series for her role on the show. HBO/THE ASSOCIATED PRESS

Possible history-making win
The nominations set up the possibility of a history-making win: An African-American actress has never won the top drama acting award. "I gotta win! I gotta win for history!" an exuberant Henson said in May when asked



This is what it's supposed to be like. You should recognize actors and creative people in this industry from every level of all colours who do great work

Queen Latifah

about the prospect during an "Empire" panel.

However, two-time nominee Kerry Washington, the black star of *Scandal*, was left out this year.

Family comedy "black-ish" earned an acting bid for star Anthony Anderson, but failed to gain a best series nomination.

Also snubbed: freshman hit hip-hop-family drama *Empire*, which was left out of the best drama series category, and series star Terrence Howard, who failed to get a best drama actor bid.

Instead, voters gave nods to favourites such as *Mad Men* star Jon Hamm, Kevin Spacey of *House of Cards* and newcomer Bob Odenkirk for *Better Call Saul*. The prequel to the now-concluded *Breaking Bad* earned a best drama bid in its first season out.

Gina Rodriguez, the standout Latina star of *Jane the Virgin*, failed to get a comedy acting nod despite winning a Golden Globe award for her performance.

The relatively expansive ethnic diversity that TV offers — compared to movies, which honoured only white actors this year — also is in play when it

BROADCAST TV

Demise of network dramas reflected in lack of Emmy nominations

Other top nominees are *American Horror Story: Freak Show*, with 19 nominations; TV movies *Olive Kittridge* and *Bessie*, with 13 and 12 bids, respectively; and *House of Cards*, *Mad Men* and *Transparent* with 11 nominations.

The nominations reflect the steadily rising tide of cord-cutting networks. No commercial broadcast network drama made the cut for best series, with cable, streaming service Netflix and non-commercial PBS dividing up the spoils instead.

The *Good Wife* was the last broadcast nominee in the category, in 2011.

comes to sexuality. *Transparent* and Jeffrey Tambor's portrayal of a transsexual's life received best comedy series and acting bids. THE ASSOCIATED PRESS

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Michael Kelly was nominated for an Emmy Award for outstanding supporting actor in a drama series for his role on *House of Cards*. DAVID GIESBRECHT/NETFLIX/THE ASSOCIATED PRESS

CANADIAN EMMY CONTENDERS

Maslany finally gets nod for Orphan Black

Kudos poured in from the Clone Club and celebrities alike on Thursday as Canadian Tatiana Maslany got her first Emmy Award nomination for her widely acclaimed performance on *Orphan Black*.

"Ahhhhhhh!!! #notsnubbed," fellow Emmy nominee Amy Schumer wrote to Maslany on Twitter, where the "*Orphan Black*" star was trending in the U.S.

The 29-year-old Regina native is up against some heavy hitters in the outstanding lead actress in a drama series category.

Her Emmy competition includes Taraji P. Henson for *Empire*, Claire Danes for *Homeland*, Robin Wright for *House of Cards*, Viola Davis for *How to Get Away with Murder* and Elisabeth Moss for *Mad Men*.

Maslany's co-star, Jordan Gavaris, tweeted: "Holy FISH-STICKS! Congratulations to the hardest working woman in show business on her #EmmyNomination! Beaming with pride this morning!!!"

Maslany herself was humble about the news, simply writing on Twitter: "#CloneClub & #clonesbians, this bud's for you. Thanks buddies :)"



Canadian actress Tatiana Maslany picked up her first Emmy nomination as she was named in the best TV actress in a drama category for *Orphan Black*. NATHAN DENETTE/THE CANADIAN PRESS



**Ahhhhhhh!!!
#notsnubbed**

Amy Schumer wrote to Tatiana Maslany on Twitter, where the *Orphan Black* star was trending in the U.S.

Maslany has earned legions of fans for portraying 10 clones with vastly different looks and personalities on the Space sci-fi hit, which also airs on BBC America.

Maslany was one of several Canadians nominated Thursday, with others including Semi Chellas, Jeremy Podes-

wa, Michael J. Fox and brothers Jeff and Mychael Danna.

Chellas, from Calgary, picked up her fifth Emmy nomination for *Mad Men*, in the best writing in a drama category. It's the fourth year in a row she earned a nomination.

Toronto-born Podeswa is nominated in the best direction in a drama category for his work on *Game of Thrones*.

Edmonton native Fox is nominated in the best guest actor in a drama category for his role on *The Good Wife*.

The Danna brothers, who grew up in Toronto, are nominated for two awards for the pilot episode of *Tyrant*. They're up for the best music composition for a series and best theme music awards.

It's the second Emmy nomination for Jeff, and the third for Mychael, who won an Emmy in 2013 and won an Oscar for the *Life of Pi* score.

Homegrown show *Degrassi* also picked up a nomination for best children's program.

Property Brothers is up for best structured reality series.

The Emmys will be handed out on Sept. 20.

THE CANADIAN PRESS

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4 PROGRESSIVE CHILDREN'S SHOWS

New shows like *Steven Universe* feature characters in same-sex relationships, increased bisexual, lesbian visibility and genderqueer narratives

Asia Ewart
Metro | New York

With the recent U.S. Supreme Court decision overturning the country's remaining same-sex marriage bans, LGBT couples are inching ever closer to the same rights that heterosexual couples enjoy.

In fact, an increased LGBT presence has been on the fast track in what might be the unlikelyst of places: children's television.

Cartoon Network and Nickelodeon, two of the most popular television networks for children's programs since 1992 and 1979, respectively, have taken a progressive route over the last couple of years and increased LGBT visibility in their programming.

We've rounded up four of the most popular cartoons currently at the forefront of LGBT visibility.



2013 - PRESENT

Steven Universe

(Cartoon Network) — **Topics addressed: Same-sex couples; same-sex attraction; a genderqueer character; bisexual visibility.** This cartoon is about a half-human, half-Gem (alien warrior) boy named Steven, who is raised primarily by three female presenting Gems. Show writer Matt Burnett has made it abundantly clear that two of the female Gems share romantic feelings.



2012 - 2014

The Legend of Korra

(Nickelodeon) — **Topics addressed: Same-sex couples; bisexual visibility.** This show about a teenage girl able to control various elements ended nearly a year ago, but its finale continues to receive widespread attention. The show ended with a confirmation of a romantic relationship between the titular Korra and her female friend Asami. Both Korra and Asami are also shown to be bisexual, as both had relationships with men during the show.



2014 - PRESENT

Clarence

(Cartoon Network) — **Topics addressed: Same-sex couples.**

As one of Cartoon Network's newest shows, Clarence has been liberal with LGBT representation. Not only does one of the show's main characters have two mothers, but the series at one point almost featured what would have been Cartoon Network's first gay kiss. The episode briefly shows two men meeting for a blind date and was supposed to show the two kissing on the mouth in greeting, but was later altered to have the two kiss on the cheek.



2010 - PRESENT

Adventure Time

(Cartoon Network) — **Topics addressed: Same-sex couples; bisexual visibility.** Characters Princess Bubblegum and Marceline the Vampire Queen have received noteworthy attention in the show's fandom. While their on-screen chemistry has been of the cute and subtle variety, it was revealed that Bubblegum and Marceline used to date during a 2014 book signing with Olivia Olsen, who voices Marceline. This reveal also shows Marceline to be bisexual, as she dates a man at another point in the show.

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Knock knock: Surprise, we're live

KNOCK KNOCK LIVE

Game show brings dreams come true to the front door

Ryan Seacrest has noticed a pattern when he knocks on a stranger's door.

"Most men answer the door

without a shirt on," he said in a recent interview.

The American Idol host picked up on this while preparing for his new game show, Knock Knock Live, premiering July 21 on Fox (9 p.m. EDT).

"I just went down a street the other night in Los Angeles and tested it," Seacrest said. "It's a little frightening when you walk up to doors because you hear animals and people are,

"Who is it?"

On his new show, answering a knock on the door could lead to a major surprise.

Seacrest will be in an L.A. studio while a team of helpers like Kellie Pickler and Ross Mathews arrive at the front door of people across the U.S. (Participants can apply to appear on the show or are nominated.) When they answer the door, they're given a challenge. They can win prizes,

meet celebrities or have a dream come true.

"Some will get cash, some will get a new car. Some will meet their celebrity crushes. Some will have a random game happen in their front yard or on their street," Seacrest said. "It really depends on the story, and we've tailored all of our responses to hopefully put a smile on people's faces and change their life a little bit. The fun

thing about it, for me, is that this is a live show, so we don't have an idea of what's gonna happen."

Seacrest said the key was finding "great stories."

"It was like, 'Let's find people who are nominated who deserve something special, who are extraordinary people. Maybe they didn't get that promotion, maybe they didn't get that raise, maybe they didn't go to sum-

mer camp. We'll step in and help out."

So far, asking celebrities to participate has been easy.

"The celebrities hear the stories, they learn about the people and they know what impact they have had. That's why they have said, 'I'll agree to do it,'" Seacrest said. "Everyone from David Beckham to Justin Bieber (is) helping us out on this show."

THE ASSOCIATED PRESS



Ryan Seacrest is the host of a new game show where he shows up at participants' front doors. ANDY KROPA/THE ASSOCIATED PRESS

Let's find people who are nominated who deserve something special, who are extraordinary people.

Ryan Seacrest

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19 kids and cancelled

TLC

Network pulls its most popular series

After weeks in limbo stemming from revelations of sexual misconduct by one of its stars, the TLC reality show 19 Kids and Counting is officially dead.

TLC is not moving forward with an 11th season of 19 Kids featuring the Duggars, whose show "will no longer appear on the air," the network told The Associated Press on Thursday.

"We spent the past month and a half in thoughtful consideration about what is the best way forward here," said Marjorie Kaplan, group president of TLC, Animal Planet and Velocity networks.

In a move to redirect the attention and public outcry, TLC also announced it has teamed with two prominent child-protection organizations for an ongoing campaign to raise awareness about child sexual abuse.

The multi-platform initiative will begin with a one-hour, commercial-free documentary likely



Duggar's show cancelled after decade-old reports of child molestation. THE ASSOCIATED PRESS

airing in late August, the network said. It will include the participation of Jill and Jessa Duggar, two of the sisters Josh Duggar touched inappropriately, as well as other survivors and families affected by such abuse.

"We look forward to working with TLC on this upcoming special documentary and hope

“**TLC is faithfully committed to the children's ongoing comfort and well-being.**”
TLC

that it is an encouragement to many," the Duggar family said in a statement Thursday.

Since 2008, the series — TLC's most watched, averaging 3.2 million viewers — had chronicled the family life of Arkansas couple Jim Bob and Michelle Duggar and their children, now numbering 19. It was pulled

from the network in May when reports surfaced that 27-year-old Josh Duggar, the oldest child, had fondled four of his sisters and a babysitter a dozen years earlier, when he was a teenager. He has never been arrested or charged in connection with the molestations.

Josh Duggar apologized for unspecified actions on a Facebook post and resigned from the Family Research Council, a conservative Christian group, where he had worked as a lobbyist.

Two weeks later, the Duggar parents were interviewed on Fox News Channel, as were Jill and Jessa Duggar, who said they weren't aware the fondling had happened until Josh confessed years later and their parents told them about it.

The show had ended its 10th season when the scandal broke; Hulu quickly pulled it from its offerings. Kaplan admitted to having been "completely unaware" of the pervasiveness of child abuse.

"I have learned a lot about this issue since," she said, citing incidence figures as high as one among every 10 young people.

THE ASSOCIATED PRESS

RESPONSE

Excerpts from Thursday's statement posted by the Duggar family on Facebook

Years ago, when we were asked to film our first one-hour documentary about the logistics of raising 14 children, we felt that it was an opportunity to share with the world that children are a blessing and a gift from God.

With God's grace and help, Josh, our daughters and our entire family overcame a terrible situation, found healing and a way forward.

It is our prayer that the painful situation our family went through many years ago can point people toward faith in God and help others who also have lived through similar dark situations to find help, hope and healing, as well.

We appreciate the love, support, prayers and kindness extended to us by many of you. You have deeply touched our hearts and encouraged us, during this time.

With Gratefulness,
Jim Bob and Michelle Duggar family

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CULINARY TRENDS

Chefs branch out with storefronts, retail products

Whether it's a couple of shelves lined with jars of tantalizing sauces and preserves or a full-blown store stocked with gourmet goodies and kitchenware, many chefs are getting in on the retail action.

Vittorio Colacitti of The Good Son has a small pantry at the entrance of his restaurant.
HANDOUT

Vittorio Colacitti opened The Good Son restaurant just over a year ago. To complement his eclectic menu featuring bold flavours and seasonal ingredients, the chef has a small pantry at the entrance.

"Essentially I wanted it to seem like a storefront for the restaurant ... and also, my family imports olive oil so that was kind of the driving force for it," said Colacitti, who finished in the top five in the final season of Food Network Canada's culinary contest show Top Chef Canada.

Colacitti uses the oil — made from olives grown at his father's grove in Italy — in his Toronto restaurant. When available, he sells it for \$20 for a half-litre.

He also imports and sells premium-grade loose-leaf teas from China, and offers takeout pizza, steak and ribs.

"It's a way of purveying great ingredients and adding to your brand recognition," he says.

"Not everybody wants to come in and sit down and have a meal, but to still have the option to experience great-quality ingredients, I think that that's something special."

Timing was an inadvertent key to the success of Milk Bar, which puts

AT A GROCER NEAR YOU

Matty's Seafood brand

Some chefs, like Matt Dean Pettit of Rock Lobster restaurant with three locations in Toronto, have joined forces with large retailers.

Sobeys sells his Matty's Seafood brand, with products like lobster chowder, lobster and shrimp bisque and frozen lobster mac and cheese.

a playful spin on familiar home-style desserts and savoury snacks.

MasterChef judge and pastry chef Christina Tosi said she was motivated to open the first location in 2008 as a bakery with a fun environment where customers could pop in to grab a treat.

Milk Bar now has six locations in New York and one in Toronto, with another slated to open in Washington, D.C.

"I think that dessert was also just starting to get its own voice and have its own relevancy outside the context of a meal. And I think I was really fortunate with that."

Chef and restaurateur Mark McEwan, head judge on Top Chef Can-

ada, opened the 20,000-square-foot upscale food store McEwan in the outdoor Toronto mall Shops at Don Mills in 2009.

A second one is set to open in the downtown Toronto-Dominion Centre.

"I've always loved food retail, loved food service. We'd go on vacation and I'd be in and out of food stores, just always enjoyed the category," McEwan said in an interview at the recent Terroir Symposium for the hospitality industry.

"I always thought it would be a very nice fit and a natural fit for a chef to own a retail store. It was challenging, one of the hardest things I've ever done ... I didn't just do a little store — I did a big store."

Chef Ted Reader has been in the retail sector since he began working at Loblaw for President's Choice marketing expert Dave Nichol in the early 1990s.

The grilling guru has a line of barbecue sauces and seasoning rubs which he's planning to relaunch next year with new flavours and packaging.

"You've got to strike when the fire's hot. I've had product out for a number of years and I've got a good reputation," Reader said.

THE CANADIAN PRESS



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Nicolle Wallace leaves *The View* after one season. GETTY IMAGES

THE VIEW

Wallace talk show's latest departure

Nicolle Wallace has become the latest host to be cut from talk show *The View*, according to *The Hollywood Reporter*, following the departures of Rosie O'Donnell and Rosie Perez.

Wallace will leave the daytime talk show after one season as co-host.

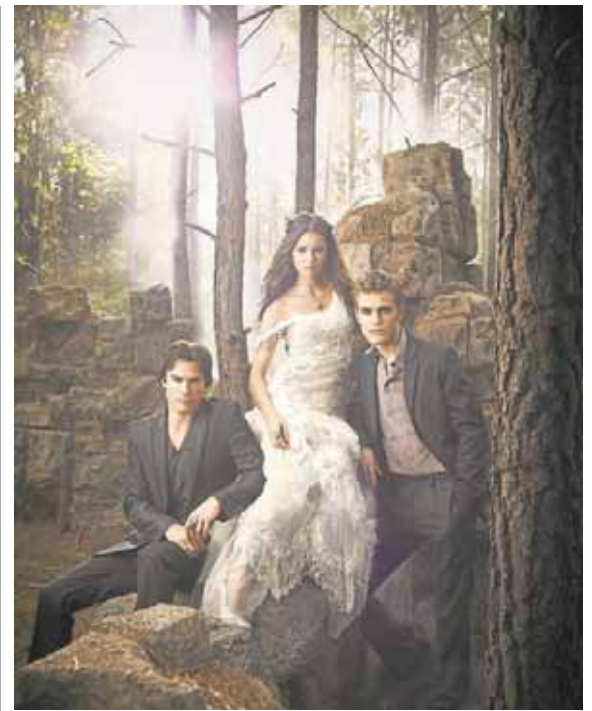
Her conservative voice on the panel of hosts has been

compared to former longtime co-anchor Elizabeth Hasselbeck.

The View recently saw the departure of Rosie Perez, who also left after one season, and Rosie O'Donnell in February.

The talk show is reportedly in talks to add *Good Morning America* Weekend anchor Paula Faris to the roster.

AFF



The Vampire Diaries' latest villains are described as heretics. HANDOUT

All-new 'nasty, nasty, nasty girls'

THE VAMPIRE DIARIES

Season 7 of show to feature three new villains

Con 2015, *The Vampire Diaries* co-creator Julie Plec teased the audience, saying that they would be introducing some "nasty, nasty, nasty girls," following the departure of Nina Dobrev who played Elena.

And now we know the new faces are: Elizabeth Blackmore (Legend of the Seeker and *Burning Man*) who is tapped to play Valerie; Teressa Liane (Neighbours) as Mary Louise; and Scarlett Byrne (Falling Skies) playing Nora. All three are heretics, and are sure to stir up their fair share of trouble in the upcoming season.

The Vampire Diaries will have three new villains

Elizabeth Blackmore, Teressa Liane and Scarlett Byrne have been signed for *The Vampire Diaries* Season 7, and all are set to appear in the opening episode, according to *The Hollywood Reporter*.

During a panel at Comic

AFF

IN BRIEF

Disney's Aladdin gets a live-action prequel

Genies, a live-action comedy adventure, is currently being written by Damian Shannon and Mark Swift according to *The Hollywood Reporter*.

The much-loved 1992 Disney movie *Aladdin* is set to be revisited, with a prequel entitled *Genies*. The story will explore how it was that Genie, played by the late Robin Williams, ended up in the lamp. The

original Disney movie was inspired by an old Arabic tale. Although plans are only at an early stage, Disney already has Tripp Vinson lined up as producer. Vinson is currently producing *Bob the Musical* and *Prince Charming* for the same studio.

Shannon and Swift are known for their early work in the horror genre, but have more recently segued into comedy. AFF

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INTERVIEW

Jake Miller just wants to have fun



Rapper Jake Miller cut his teeth playing the sensitive card, but for now, his main focus is on living life to the fullest as a 22-year-old. CHRISTOPHER POLK / GETTY IMAGES FOR MTV

Jake Miller is known as the sensitive rapper. This is, after all, a guy whose first song that garnered major radio play (A Million Lives) is constructed of lyrics lifted straight from his fan mail, about how his music comforted a fan with cancer and helped another deal with her brother's death.

But the 22-year-old, whose new EP Rumours came out earlier this month, has recently switched gears putting out a new single, Dazed and Confused, which is essentially just an old-fashioned summer party song. "I've always been about putting out music with a message behind it, but I also want to make people dance," Miller tells us.

On his song Drunk in Love
The song is about a guy who is either in love or, well, just really drunk. "How do you know if you're in love? That's a great question," Miller says. "I think if you look at the person you're

with and you see someone you can spend the rest of your life, you're best friends with and want to spend every second with, then you're probably in love."

On bonding on the road
Miller has spent roughly six years in the spotlight and says his best friends are people he works with, like his drummer, tour manager, DJ and videographers. "I feel like I've known them longer than my childhood friends because we travel every single day together (on tour)," he says.

On going back to basics
Miller is focusing on fun right now, but he's going to go back to the deeper stuff. "You always have to grow as an artist and nothing has stopped with the whole story-telling stuff," he says. "I'm going to write about whatever I'm experiencing at that time in my life. My music is always going to be about me." EMILY LAURENCE/METRO IN NEW YORK CITY

Kid Rock dropped Confederate flag years ago, publicist says

CONTROVERSY

NAACP award spurred artist's decision, rep says

A representative of Kid Rock said it has been years since the musician displayed the Confederate flag while on tour — a decision that was cemented when he was honoured with an award by Detroit's NAACP chapter.

Comments from publicist Nick Stern to the Detroit Free Press on Wednesday came as an activist group urged General Motors to cut financial ties with Kid Rock if he displays the flag onstage.

"It's been more than five years since he's had that flag on tour," Stern told the newspaper. "They're protesting something he's not even doing."

The Associated Press sent a message Thursday morning seeking comment from Stern.

He said Kid Rock hadn't featured a Confederate flag in concert for more than a year before being honoured in 2011 by the National Association for the Advancement of Colored People branch in Detroit. That night, Stern said, Kid Rock quietly decided he would stop using the Confederate flag onstage.

"That was the impetus," Stern said. "Since then, he's never flown it again."

Detroit-based GM said this week it will continue its spon-



Activists in Detroit are trying to persuade Kid Rock to stop displaying the Confederate flag at concerts, but his publicist says he cut that out a long time ago. THE ASSOCIATED PRESS FILE

“They’re protesting something he’s not even doing.”

Nick Stern, publicist

sorship of Kid Rock's summer concert tour. Members of the National Action Network are scheduled to meet Thursday with representatives from GM's

Chevrolet brand.

The two sides have been in discussions recently over Kid Rock, who has been criticized in the past for displaying the rebel battle flag during performances. The musician, who was born Robert Ritchie and lives in suburban Detroit, is known for dabbling in a variety of musical styles, from hip hop and hard rock to country and Southern rock.

The Confederate flag spurred

protests following last month's massacre of nine black worshippers at Emanuel African Methodist Episcopal Church in Charleston, S.C. The white man charged in the slayings had posed with the flag in photos that were posted online before the attack that police say was motivated by racial hatred. Lawmakers in South Carolina voted to remove the flag from outside the Statehouse, and it was taken down last week.

THE ASSOCIATED PRESS

MUSIC PRIZE

Drake, Buffy Sainte-Marie make Polaris short list

Folk icon Buffy Sainte-Marie, Toronto rapper Drake and Vancouver rock outfit the New Pornographers have all made the short list for the Polaris Music Prize.

It's the third time Drake has found himself in the running for the \$30,000 award, given to the Canadian artist who made the best album of the previous year.

Sainte-Marie made the cut for the first time with her recent Power in the Blood.

Other newcomers to Polaris

short-list recognition include: Toronto acts Alvvays, Jennifer Castle and jazz trio BadBadNotGood (who collaborated with Ghostface Killah); Vancouver piano-pop songwriter Tobias Jesso Jr.; and Calgary's Viet Cong.

Prior winner Caribou, master-minded by Dundas, Ont., native Dan Snaith, is up again for the critically acclaimed Our Love.

Montreal-based Braids rounded out the field of 10 nominees.

The Polaris is selected by a jury of broadcasters, bloggers

HAT TRICK

It's the third time Drake has found himself in the running for the \$30,000 award, given to the Canadian artist who made the best album of the previous year.

and journalists. The winner will be announced at a live gala on Sept. 21 at the Carlu in Toronto.

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Lessons from Manitoulin Island

A bird's-eye view of Gore Bay, on Manitoulin Island in Northern Ontario. ISTOCK

CANADA

First Nations experience is intimate and enlightening



ON THE MOVE

Loren Christie

Learning about foreign cultures is often part of people's travel experience. However, I am not so sure that when Canadians

travel at home we are investing the same energy into discovering the cultures of our First Nations people.

A trip to Manitoulin Island earlier this summer made me realize those who do not work an element of aboriginal tourism into their vacation plans are missing out on something unique and wonderful.

Located in Northern Ontario, Manitoulin Island is a two-hour drive from Sudbury or a seven-hour journey from Toronto, including a ride aboard the MS Chi-Cheemaun ferry. When you arrive, you are aware that

something is different here; Small towns are surrounded by rugged natural beauty, permeated by a slower pace of life and a friendly warmth. It seems like every bakery, restaurant or gas station is named after its owner, allowing for an immediate connection with the person serving you.

Eight First Nation communities, all part of the larger Anishinabe nation, inhabit the island and the Sagamok region, which extends onto the mainland to the north. Together they make up the Great Spirit Circle Trail, which is not really

a trail, but rather a collection of attractions and activities offered to visitors, including a summer-long rotation of powwows.

The traditional powwows are a social and ceremonial celebration of life held over two days throughout the summer and are free of charge.

My Great Spirit experience started with a traditional smudging ceremony to bless

our day, led by local Ojibwe guide Steven Antoine. During a canoe trip on Lake

Mindemoya, he shared with me the lore of the land, which included the creation of the "grandmother" island in the middle of the lake.

After our time on the water, we went on a medicine walk, where I learned the healing properties of various plants as well as some practical

tips; Cedar tea is delicious and white birch bark will remove sticky sap from your skin.

My favourite experience was Steven teaching me how to make my own drum out of deer hide. The drum, I learned, is the one common element among all First Nations people across Canada, representing the heartbeat of Mother Earth.

After a day of doing and learning, I felt slightly humbled, but more embarrassed — why had I waited this long to experience a fascinating culture that is an integral part of our country?

Why had I waited this long to experience a fascinating culture?

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NOT A TOURIST | A letter from Omar Mouallem in Nanyuki, Kenya

Refuge cares for animals

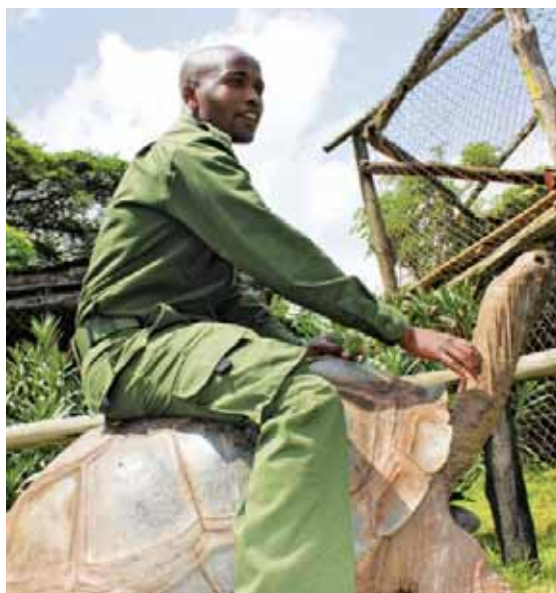
Mount Kenya Wildlife Conservancy and Animal Orphanage seems indistinguishable from a zoo until James Mwaniki invites me to ride a 150-year-old giant tortoise named Speedy. Or to enter Moran's pen and meet the 15-month-old orphan cheetah found on the side of a road.

Originally founded as a game ranch in the 1960s by William Holden, a '50s Hollywood icon and reformed Big Game hunter, the orphanage in Nanyuki, Kenya, breeds endangered species, including the region's last remaining bongos, a beautiful striped African antelope, while providing other vulnerable animals refuge until they're ready to return to the wild.

But for visitors it's interactions like this, with the 1,500 animals of 20 species, that create permanent memories.

That's ultimately what set Mwaniki on a path to become an educational programmer at the 1,200-acre rehabilitation centre.

In the fight to conserve



James Mwaniki, educational programmer at Mount Kenya Wildlife Conservancy and Animal Orphanage, catches a ride on century-and-a-half-old Speedy. COURTESY OMAR MOUALLEM

Kenya's wildlife, the country's government targeted Mwaniki's generation because his

parents and grandparent's were considered hopeless. Mwaniki grew up in a rural

area on the south of Mount Kenya National Park, where wildlife terrorized the family farm. Or so it was thought.

"My parents would tell me, 'They're destroying the crops so you'll have nothing to eat tomorrow.'"

Then a field trip sent him to the animal orphanage in the 1990s.

"My brain changed," Mwaniki says, posing me like a tree with handfuls of corn kernels until a Sykes' monkey is casually feeding from my palms. "The message I was given is if you don't conserve what we have then in the years to come we won't have anything."

Now 30, Mwaniki passes that message to the next generation of Kenyans. He's even kept the photo of him riding Speedy.



TRAVEL NOTES

Borderless Wi-Fi

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Hands-on falconry

The Equinox Golf Resort & Spa in Manchester Village, Vt., is offering summertime guests a chance to get even closer to nature. The on-site Green Mountain Falconry School teaches visitors about hawk training and hunting methods. The resort also has a Land Rover driving experience and fly-fishing lessons. Visit EquinoxResort.com

DOUG WALLACE



The sun goes down on Lahaina in Maui, Hawaii. TIM STEWART

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Spieth, Johnson lock horns again

BRITISH OPEN

Jordan two off leader Dustin in repeat of U.S Open battle

Jordan Spieth played like he had a Grand Slam to win. Dustin Johnson played like he had a score to settle.

The two main characters from Chambers Bay brought their games across eight time zones and an ocean Thursday and set the tone at St. Andrews for what could be another riveting battle at the British Open.

Spieth quickly seized on his opportunity for a third straight major with six birdies in his first 11 holes, fought through a chilly wind on the inward nine and closed with a birdie for a 5-under 67 that put him two shots out of the lead.

Johnson, whose three-putt from 12 feet on the final hole cost him a shot at the U.S. Open, looked as daunting as ever. He simply overpowered the Old Course with such force that he hit wedge into 10 of the par 4s and had an eagle putt on another. With a pair of big par saves on the tough closing holes, he played bogey-free for a 65 and for at least a day made good on a warning he made earlier in the week.

Asked about Spieth's chances to sweep the four majors, Johnson said, "Well, I'm playing the



Americans Dustin Johnson and Jordan Spieth, paired together for the first round, are again in a duel in the early stages of the year's third major. Johnson missed a putt to hand Spieth the U.S Open title in June. STREETER LECKA/GETTY IMAGES

65

Leader Dustin Johnson's score after a bogey-free first round on the old course

next two so we'll have to see." This was hardly a two-man show. The six players who were one shot behind at 66 included

former British Open champion Paul Lawrie and two-time U.S. Open champion Retief Goosen. Jason Day, coming off his scary bout with vertigo symptoms at the U.S. Open, was back on his feet and back in the hunt. Most impressive from that group

were Zach Johnson and Danny Willett, who posted their scores as the temperature dropped and wind stiffened late in the

afternoon.

Spieth was joined at 67 by Louis Oosthuizen, the last Open champion at St. Andrews.

"If D.J. keeps driving it the way he is, then I'm going to have to play my best golf to have a chance," Spieth said. The real test might come from the weather.

Spieth and Johnson got a break by playing in the mor-

ning when St. Andrews was ripe for scoring — 10 of the top 12 scores came from that side of the draw. That didn't help Tiger Woods, who hit into the Swilcan Burn on the opening hole, made only one birdie and shot 76.

"Guys have been shooting good numbers," said Woods, a two-time Open champion at St. Andrews. "Unfortunately I did not do that." Instead, he

If D.J. (Dustin Johnson) keeps driving it the way he is, then I'm going to have to play my best golf to have a chance.

American Jordan Spieth on his British Open and Grand Slam chances



Johnson tees off on the second hole during the first round at St. Andrews. The athletic American has been out-hitting Spieth off the tee by 36 yards. ANDREW REDINGTON/GETTY IMAGES

+ HARDEST HOLE

The Road Hole, the 17th, was by far the toughest hole on the Old Course, playing closer to a par 5 than a par 4. No one made a birdie on the hole, but Dustin Johnson was one of 53 players who managed to make par on his way to the first-round lead.

victory in the Scottish Open, said the final seven holes was "hanging on for dear life." He made two bogeys, one eagle and 15 pars for a 72.

THE ASSOCIATED PRESS

NHL

Ribeiro settles sex assault lawsuit

Predators centre Mike Ribeiro and his wife have settled a lawsuit in which their nanny accused the player of sexual assault.

An arbitrator met July 6 for eight hours before settling the lawsuit. His report was entered Wednesday in the Eastern District of the U.S. District Court in Texas.

The settlement came as an amended complaint was filed June 18 providing more details to her lawsuit. The complaint



Mike Ribeiro
GETTY IMAGES

detailed allegations of an assault in August 2012 when the then-18-year-old woman helped the Ribeiro family settle into their new home in Mc-

Lean, Va., after working as their babysitter for six years while he played for the Dallas Stars.

THE ASSOCIATED PRESS

IN BRIEF

Pitlick stays with Oilers on a new one-year contract

Forward Tyler Pitlick and the Edmonton Oilers agreed to terms on a one-year contract on Thursday.

Pitlick, 23, split the 2014-15 season with the Oilers and the American Hockey League's Oklahoma City Barons. He appeared in 17 games with Edmonton, scoring twice.

Pitlick also had nine points, including three goals, in 14 games with Oklahoma City.

THE CANADIAN PRESS

Barea's deal given a boost

The Dallas Mavericks have re-signed point guard J.J. Barea, who will back up Deron Williams.

Barea signed a four-year, \$16-million contract. He originally agreed to a two-year deal at less than \$6 million, but Dallas had more money under the salary cap without the max contract of four years and \$80 million for DeAndre Jordan, who backed out on a deal and re-signed with the Los Angeles Clippers.

THE ASSOCIATED PRESS

TOUR DE FRANCE

Froome still leads after the Pyrenees

One mountain range completed, one more to go.

Only the Alps loom as the last major obstacle between Chris Froome and a second Tour de France victory in Paris.

His rivals tried and failed to make the British rider and his super-strong Sky team wilt on the last day of climbing in the Pyrenees on Thursday, on Stage 12 won by Joaquim Rodriguez of Spain, who gritted his teeth in driving rain on the final climb for his second stage win.



Chris Froome
GETTY IMAGES

But to get to the 2013 champion, Froome's rivals must first get past his teammates. And that is a problem. THE ASSOCIATED PRESS

Mentor nets gold playing pupil

PAN AM 2015

Li tops doubles partner in all-Canadian singles final

They are training partners, doubles teammates and good friends. But when Markham's Michelle Li and Toronto's Rachel Honderich faced each other across a badminton net Thursday — a gold medal on the line — they were the fiercest of rivals.

That's a role they don't play particularly well; they just have too much respect for each other. At 23, Li is the veteran and was favoured going into the final at the Pan Am Centre in her hometown of Markham. Honderich, 19, was the underdog, and at their hotel the night before, kidded her mentor that she was going to tamper with Li's racquet.

"I said I was going to cut her strings," Honderich said with a laugh. She was also threatening to wake Li up in the middle of the night to



Michelle Li lunges for a return to fellow Canadian Rachel Honderich in Markham, Ont., Thursday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

deprive her of sleep.

"I joked about it," Honderich said, "but I didn't go through with it."

In the end, no clever shot — or practical joke — would keep Li from her second consecutive Pan Am Games gold singles medal.

“

I did yell to pump myself up, but I try not to fist-pump against Rachel.

Michelle Li

In front of a packed and enthusiastic crowd of 1,000, Li shook off minor ankle and knee ailments to post a 21-15, 21-9 victory in 26 minutes to take the gold, as Honderich settled for silver.

"To be able to win that in front of my friends and

family, and my teachers from elementary school who I haven't seen for 10 years, I think that makes it really special," Li said.

There was no talk before the match about building competitive tension. The mentor and student — who togeth-

er won a bronze in women's doubles earlier this week — even sat beside each other at breakfast.

"For each of our matches leading up to this, we're always there, warming up for each other, so we stuck to the same plan," Honderich said.

Coming into the final, Li carried a 3-0 margin in head-to-head matches. The last time they played each other was in the 2014 Pan American badminton championships in Markham, when Li swept to gold with 21-13, 21-16 victory.

Li and Honderich will now prepare for singles at the world badminton championships in Jarkarta, Indonesia, in August.

Honderich, Ottawa's Andrew D'Souza and the mixed team of Toronto's Alex Bruce and Vancouver's Toby Ng took silver on Thursday. There were also two bronze medals in women's doubles (semi-final losers are both awarded bronze, so along with Li and Honderich, Bruce and her partner Phyllis Chan also won medals).

TORSTAR NEWS SERVICE

+ MORE GAMES

Canada golden in women's tennis and wrestling

Gaby Dabrowski and Carol Zhao added another gold medal to Canada's tally, taking first place in women's doubles tennis on Thursday night.

They beat Mexico's Victoria Rodriguez and Marcela Zacarias in three sets.

In women's wrestling, Genevieve Morrison won gold in the freestyle 48 kilogram division, beating Peru's Thalia Mallqui.

THE CANADIAN PRESS

DQ strips Overholt of Games record

A Canadian was disqualified at the women's 400-metre individual medley final for a "non-simultaneous" wall touch.

Emily Overholt of West Vancouver, B.C., appeared to win gold in a Pan Am record time of four minutes 35.33 seconds but officials ruled that her hands did not touch the wall at the same time during the breaststroke turn.

Canada's Sydney Pickrem won a silver in the race in a time of 4:38.03.

THE CANADIAN PRESS

Canadian sprint cyclists top podium

The Canadians men's and women's sprint teams took double gold in the first day of track cycling at the Cisco Milton Pan Am/Parapan Am Velodrome.

Hugo Barrette of Cap-aux-Meules, Que., Victoria's Evan

Carey and Joseph Veloce of St. Catharines, Ont., edged Venezuela in 44.241 seconds in the men's race.

Kate O'Brien and Monique Sullivan topped Cuba in 33.959 seconds in the women's team sprint. THE CANADIAN PRESS



Hugo Barrette, front, Evan Carey and Joseph Veloce were victorious in the men's team sprint. EZRA SHAW/GETTY IMAGES

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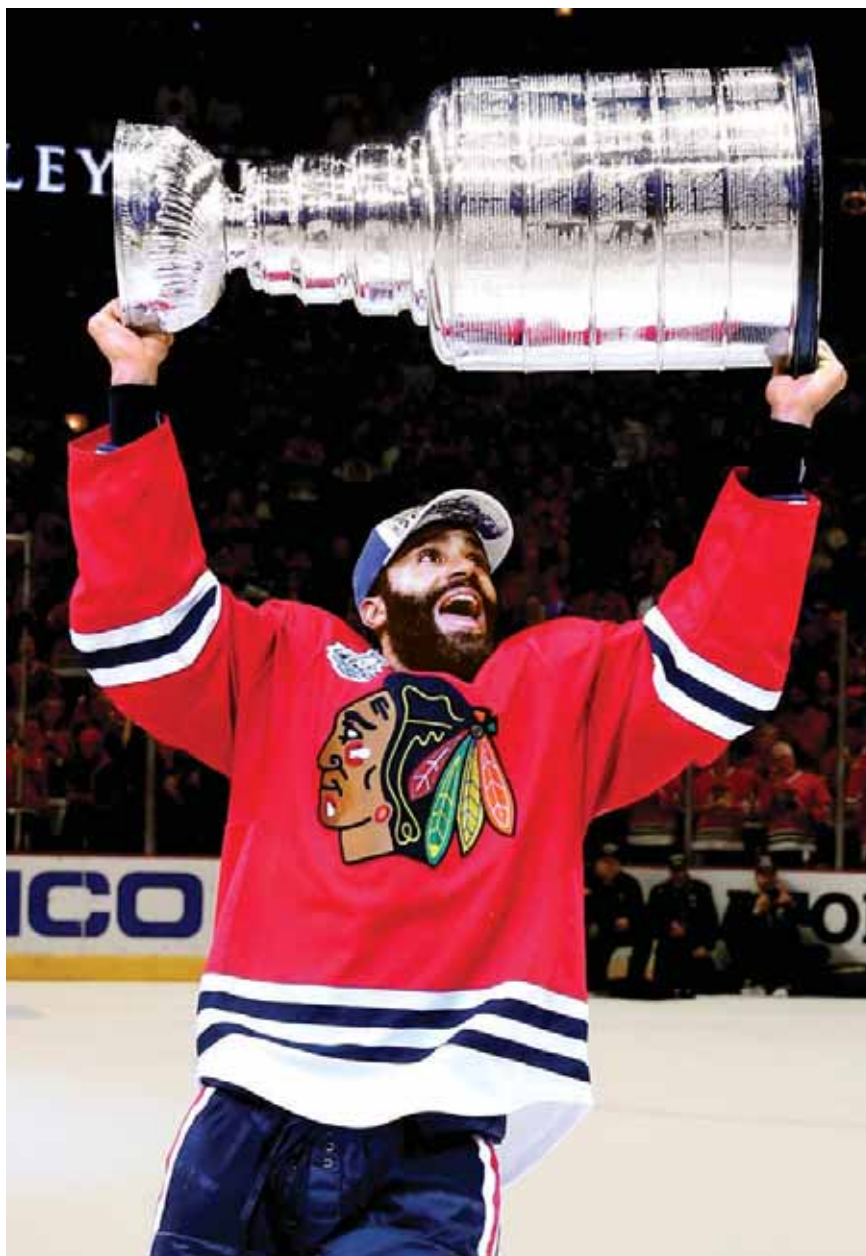
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The Stars of the off-season



Defenceman Johnny Oduya signed a \$7.5-million, two-year deal with the Stars on Wednesday.
BRUCE BENNETT/GETTY IMAGES

NHL

Dallas fortifies its roster with a trio of proven Cup winners

The Stanley Cup isn't won in the off-season. If it was, start engraving the trophy for the Dallas Stars.

With the signing of defenceman Johnny Oduya on Wednesday, the Stars put the finishing touches on an off-season that didn't transform the roster but filled the kind of holes that should put them back in the playoff picture.

"We're in the beginning of, I think, where we should be starting to make the jump," general manager Jim Nill said.

Dallas acquired and signed Antti Niemi to a deal that strengthens its goaltending, even if it's at a hefty price of \$4.5 million US over three years. The Stars then traded defenceman Trevor Daley and bottom-six forward Ryan Garbutt to the Chicago Blackhawks for scoring winger Patrick Sharp and defensive prospect Stephen Johns.

Signing Oduya, who won the Cup with the Blackhawks last month, to a \$7.5-million, two-year deal was "the last piece of the puzzle," according to Nill. What it did was effectively replace Daley and make the Sharp trade look even sharper.

Oduya is 34 now, perhaps a step slower than he was as a teenager when Nill scouted him. But he's an immediate upgrade on the Dallas blue line.

"Once we knew we were going to make that trade, losing Trevor Daley, I knew (adding a defenceman) was something we wanted to look at," Nill said on a conference call Wednesday. "Any time you can add a player of Johnny's stature, somebody that has won, a guy that does everything right, you can't go wrong with it."

In Niemi, Sharp and Oduya, the Stars added three players with Blackhawks Cup rings. That pedigree was something Nill considers important, but he made each move for a different reason.

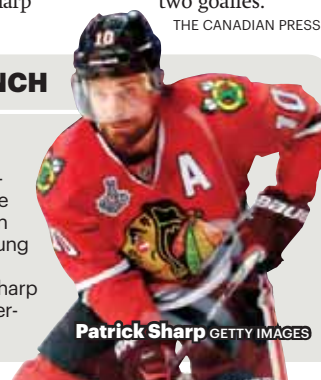
Sending a seventh-round pick to the San Jose Sharks for Niemi's rights and signing him took care of what Nill called his biggest need. He cited the Stars' brutal travel schedule — which according to On the Forecheck includes the third-most kilometres in the NHL and 12 back-to-backs — for wanting Niemi and fellow Finnish veteran Kari Lehtonen to split the goaltending work.

"I really think it's becoming a two-goalie league now," Nill said at the draft in Sunrise, Fla. "It's hard. You look around the league at the teams that had a lot of success, it's because of two goalies."

THE CANADIAN PRESS

+ SCORING PUNCH

Sharp gives the Stars another top-six forward to complement Art Ross Trophy-winning captain Jamie Benn, centres Tyler Seguin and Jason Spezza and young winger Valeri Nichushkin. Nill said the 33-year-old Sharp brings good veteran leadership to a young team.



Patrick Sharp GETTY IMAGES

IN BRIEF

Ducks re-sign centre pair Wagner and Sgarbossa

The Anaheim Ducks have re-signed centres Chris Wagner and Michael Sgarbossa to one-year contracts.

The Ducks on Thursday also signed free-agent defenceman Shane O'Brien and second-round draft pick Julius Nattinen.

Wagner made his NHL debut last season, going scoreless in nine regular-season games and two playoff games. The former fifth-round pick was an AHL All-Star, and he is expected to contend for a regular role with the Ducks next season.

The Ducks acquired Sgarbossa from Colorado last season. He has played nine NHL games with the Avalanche.

THE ASSOCIATED PRESS

FIFA official extradited to U.S. on corruption charges

Former FIFA Vice-President Jeffrey Webb has been extradited to the United States following his arrest in Switzerland on racketeering and bribery charges filed by American prosecutors.

The Swiss Federal Office of Justice said Thursday the man was extradited a day earlier after 50 days of detention.

"He was handed over to a three-man U.S. police escort in Zurich who accompanied him on the flight to New York," the ministry said in a statement.

Webb and confirmed he has been brought to the United States. Webb, who is from the Cayman Islands, was president of the CONCACAF.

THE ASSOCIATED PRESS

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- 1/3 cup brown sugar
- 1/3 cup white sugar
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1 cup all-purpose flour
- 1/2 cup semisweet chocolate chips
- 1/2 cup raisins or dried cranberries
- Garnish
- 3 Tbsp semisweet chocolate chips
- Icing sugar

Directions

1. Preheat oven to 350 F. Spray a 10" oven safe skillet with vegetable oil.

2. In a bowl, add oil, both sugars, egg and vanilla until well mixed. Add remaining ingredients, except for garnishes and mix until flour is incorporated. Spread evenly into skillet and bake for 20-25 minutes. The longer you bake, the crisper the texture.

3. In a microwaveable bowl, melt remaining chocolate on medium heat in microwave for 30 seconds or just until chocolate begins to melt. Drizzle over top of cookie and dust with icing sugar.

Nutrition per serving

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- Sodium 65 mg
- Fibre 1 g

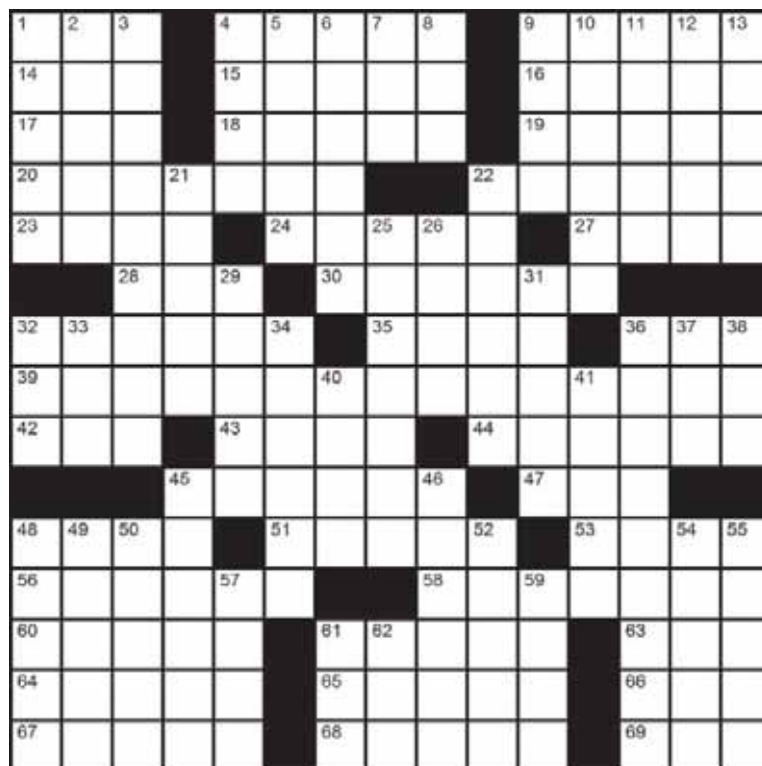
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Orlando's li'l state
4. Social customs
9. _ of 2015
14. Towel holder
15. Sporty rock concert venue
16. Major artery
17. In the past
18. Straight_
19. Carbonated beverages
20. As per #39-Across... Matthew Cuthbert's sister
22. Cakes creators
23. Barenaked Ladies song
24. Wet with a gardening hose
27. Like ballpoints
28. Super _ (Old video game console by Nintendo, commonly)
30. _ an idea (Persuade about a course of action, for example)
32. "...pain, _" (Bodybuilder's mantra)
35. " _ I say, not..."
36. Neg. opposite
39. Montreal-born "Anne of Green Gables" actress who played the character at #20-Across: 2 wds.
42. Demure
43. Merriment
44. Gown and cap wearer
45. Do additional lawn work
47. Barley bristle



48. Sole spot
51. Root used in perfumes
53. Bounced-back sound
56. Scottish pattern
58. Beverage in Anne of Green Gables, Raspberry _

60. Prognosticate
61. Competently
63. A.A. Milne play, Mr. _ Passes By
64. Gawk
65. Particular purple
66. "Much _ About Nothing" (1993)
67. Reddish-brown

- hair rinse
68. Pinnacles
69. _ Vegas

DOWN

1. Painting border
2. Mount in the Yukon, Canada's highest
3. In a highly cher-

- ished manner
4. West Edmonton _
5. Verbal tests
6. Briefly summarizes
7. Opposite WSW
8. Unhappy
9. _ Loma, Toronto attraction

10. Check up on/take a peek: 2 wds.
11. "Insensitive" singer Jann
12. Barren
13. Cheeky
21. Pretty perfect
22. Community regulations regarding fences, pools, trees, etc.
25. Alberta city: 2 wds.
26. "Wake Me Up" singer Mr. Blacc
29. Warfare attack
31. Ice Cube, aka _ Jackson
32. _ -1701 (U.S.S. Enterprise marking)
33. Ghost's sound!
34. Mr. Mandela
36. School bigwig
37. Bear, in Barcelona
38. Gibraltar, e.g.
40. _-do-well
41. Not married
45. Bring back
46. Declaration
48. Cache
49. Fashion: _ couture
50. Hockey game instrument
52. Crack
54. _ Gwaii (Queen Charlotte Islands, now)
55. Edward James _
"Battlestar Galactica" star
57. Domain
59. Deli loaves
61. Grammy competitor, commonly
62. BC's li'l ocean

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
What you want to do and what you have to do will be two different things today, but there is no point getting annoyed because others have the upper hand. It won't be long before the roles are reversed.

Taurus April 21 - May 21
Your reputation seems to be heading south in some people's eyes. What have you done to turn them against you? Probably no more than to tell the truth about something they feel strongly about.

Gemini May 22 - June 21
You will find it exceedingly easy to guess what people are planning over the next 24 hours. Add to that the promptings of your inner voice and you can't go wrong.

Cancer June 22 - July 23
It may feel as if time is running out, that if you don't make a move soon you will miss out on an opportunity. But the planets urge you to be aware there are no shortcuts to success.

Leo July 24 - Aug. 23
Things that made no sense to you at all a short while ago will make perfect sense today and over the weekend and by the time the Sun moves in your favor on the 23rd you will wonder why you found it so hard to get your head in gear.

Virgo Aug. 24 - Sept. 23
By all means help a friend if they are in trouble today but don't cover up for them. The most important thing now is that they come clean about their mistakes.

Libra Sept. 24 - Oct. 23
There is still time to do something dramatic, something that impresses those in positions of power, so get to it. You may not want to be the centre of attention but it goes with the territory.

Scorpio Oct. 24 - Nov. 22
The planets warn that certain people will try to bully you into abandoning ideas and opinions that mean a lot to you — and you must fight them every inch of the way.

Sagittarius Nov. 23 - Dec. 21
Today's events will manoeuvre you in a direction you are not sure you want to go. According to the planets it is not only the right thing for you but, deep down, you know it is too, so don't fight it too hard.

Capricorn Dec. 22 - Jan. 20
Your needs and desires have not been satisfied to any great extent in recent weeks but be of good cheer. In a matter of days you will get the chance to make up for lost time. Today though you should let others have their own way.

Aquarius Jan. 21 - Feb. 19
One day soon you will look back and laugh at the things you allowed yourself to get worked up about. That day will come quicker if you refuse to give in to the emotional side of your nature.

Pisces Feb. 20 - March 20
The Sun remains in the most creative and dynamic area of your chart only until the 23rd, so there is still time to do something amazing but you have got to be quick.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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